



ALEX'S 'PHENOMENAL' ACHIEVEMENT

St Bart's are exceptionally proud of Alex (13E3) who took part in the [UK Chemistry Olympiad](#) and achieved the highest score in the country for a non-grammar/non-private school student. He is also in the top 35 in the country!

In all, there were 15 students who took part in the Round 1 competition with 10 achieving certificates... [read more](#).



CALENDAR:

Y10 Reports issued, Y11 & 12 Computing - Alumni Talk, Sixth Form House Rounders, Y11 Graduation P3 onwards (in timetabled lessons P1 & P2), Bank Holiday, Y13 Final Day of Teaching and Y13 Final Assembly and Parade.

CAREERS OPPORTUNITIES:

Virtual Surgical Theatre Operating Experience

VACANCIES:

Catering General Assistant

GOVERNOR VACANCIES:

Vacancies on St Bart's Governing Body

CURNOCK WIN HOUSE DRAMA:

The annual House Drama competition returned to our stage last week with the Houses battling it out to impress us with their productions!



YEAR 9 LEGOLAND TRIP:

On Friday 26 April, Year 9 Computing students went on an exciting trip to Legoland!

STUDENTS WITH RAZZAMATAZ!:

Congratulations to St Bart's students Daniel, Robert and Jenna, who recently took part in Razzamataz Theatre Schools Seniors Next Steps.



RHODIUM READING CHALLENGE CHAMPIONS:

Congratulations to Year 9 students Jimmy and Chloe, who join the honour list of those to complete the St Bart's Rhodium Reading Challenge.

SASHA SHOWCASED:

We have entered a piece of art work by one of our students into the exhibition opening soon at The Base, Greenham.



A LEVEL GEOGRAPHY BOOK CLUB:

The A Level Geography book club is where we discuss worldwide issues through books related to geopolitics, the environmental crisis and how it will change our future.

DESIGN-A-LABCOAT COMPETITION 2024:

As part of Science Week students have been taking part in Bayer's Design-a-labcoat competition. Here are the winners...

MARATHON SUCCESS FOR JACK:

Jack Watkins, a St Bart's former student ran the 2024 London Marathon in memory of his best friend Toby.



GO MR WILSON!:

Mr Wilson, Patterson House Progress Leader, is running his first marathon for Guide Dogs this weekend.

WELL DONE MRS LEE!:

Congratulations to Mrs Lee, our Safeguarding and Inclusion Manager who ran the London Marathon.

PE:

- [Year 7 Cricket](#)
- [Year 8 Cricket](#)
- [Year 8 Cricket](#)
- [1st XI cricket](#)
- [U16 Football County Cup Semi-Final](#)
- [Berkshire Schools Athletics](#)



ALEX'S PHENOMENAL ACHIEVEMENT

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ROYAL SOCIETY
OF CHEMISTRY

In all, there were 15 students who took part in the Round 1 competition with 10 achieving certificates:

Gold – Alex Scourfield (Y13), Jonathan Kelly (Y13), William Bloodworth (Y13)

Silver – Ed Hearn (Y13), Eli Green (Y13), Mohammad Jaffer Andagi (Y13), Oli Butler (Y13)

Bronze – Same Dennis (Y12), Samuel White (Y12), Vaibavi Lakshmi Narayanan (Y12)

Alex's high score meant he progressed to Round 2. Alex said, *"In January, several Year 13s took part in round one of the UK Chemistry Olympiad. I was really pleased to achieve a Gold certificate and even more excited to be invited, along with around 30 other students from around the country, to spend four days at the University of Nottingham over the Easter holidays to participate in Round 2 of the Chemistry Olympiad.*

We arrived on Thursday afternoon, and were given our certificates for our achievement in round one, and had an introductory lecture from a Nottingham University lecturer. Following this, we had dinner with members of the working group who organise the Olympiad, and participated in an ice breaker activity. On Friday, we observed demonstrations of practical techniques in the university laboratories, and after lunch we carried out the 4-hour practical assessment, which made use of the techniques we had earned in the morning. On Saturday, we were given lectures by members of the working group on content that went beyond the A Level specification, such as molecular orbitals and completed a 4-hour theory paper.

As a reward for the hard work over the previous days, we were then taken out for dinner in a restaurant in Nottingham. Overall, the event was a great experience and an opportunity to learn more about chemistry beyond A Level alongside students from a variety of different schools and backgrounds to my own."

"Nearly 15,000 students took part in the Round 1 competition this year and it is very competitive to get through to Round 2 so this represents a phenomenal achievement by Alex," said Dr Alonzi, Head of Science at St Bart's.

Huge credit should also be given to Mr Swift who runs the problem solving class with students, helping them work through Olympiad papers. We have seen an increase in student participation over recent years, which is amazing and testament to his commitment.



Calendar

Y10 Reports issued	Wednesday 1 May	
Y11 & 12 Computing - Alumni Talk	Wednesday 1 May	WCC, 12.10 -12.40pm
Sixth Form House Rounders	Wednesday 1 May	P5
Y11 Graduation P3 onwards (in timetabled lessons P1 & P2)	Friday 3 May	Hall/Field, P3-12.50pm
BANK HOLIDAY	Monday 6 May	
Y13 Final Day of Teaching	Tuesday 7 May	
Y13 Final Assembly and Parade	Wednesday 8 May	Hall/Hub P1 & P2

[View all school events in our online calendar. Click here to go straight there](#)

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CAREERS OPPORTUNITIES

SPOTLIGHT: Virtual Surgical Theatre Operating Experience

Saturday 6 July 2024. SurgeryLive is an innovative and interactive virtual course that gives students a real glimpse of what it's like to be a surgeon in an operating theatre, delivered by practising surgeons. For more information and to enrol, please visit their website.

St Bart's Careers Education Programme is delivered through PSHE lessons, assemblies and a portfolio of careers events. [More information on the programme can be found on our website](#). You will also find on our website a [Careers Opportunities page](#), which features news the school is sent on Apprenticeship Courses and Programmes, University Workshops and Schemes, Industry Webinars, Careers Resources for Parents and Carers and much more. The opportunities on this page are updated weekly. [Please click](#) to view the latest information.

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VACANCIES

CATERING GENERAL ASSISTANT

We are looking for a part-time Catering General Assistant to join us as soon as possible on a permanent basis.



We are looking for someone to join our Catering team, providing healthy food for our students and staff. Previous experience in a catering environment and a basic knowledge of food hygiene would be an advantage, however, full training will be given.

HOURS: 17 hours and 30 minutes per week, Monday to Friday 10.30am to 2.15pm (including a 15 minute break), term-time only, plus five training days pro rata.

SALARY: £22366.00 - £23893.00 gross pa (£11.59 - £12.38 per hour), pro rata for part-time, term-time. Starting salary equates to £9068.51 gross pa.

To find out more details, and to apply, please [click here](#).

Closing date: Tuesday 7 May 2024

All applicants shortlisted will be subject to an online search. Successful candidates will be subject to a DBS enhanced check along with other relevant employment checks.

Tel: 01635 521255 Email: recruitment@stbarts.co.uk

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VACANCIES ON ST BART'S GOVERNING BODY

St Bartholomew's School Governing Body is looking for new Governors to join the team and make a valued contribution to school life.

The role of the Governing Body is to set the strategic direction and ensure the educational performance, management and financial health of the school. In particular, we are looking for individuals who have skills and experience in the areas of finance, human resources and secondary education.

You don't need to be a St Bart's parent to apply for the role – we actively encourage applications from a range of people in our community.

St Bart's Governors need to have a passion for education as well as a high level of enthusiasm and confidence. Some time is needed during the day for visits and for some evening meetings, approximately three or four per term, in order to carry out the duties required. Terms of office are for four years.

If you are interested in becoming a Governor at St Bart's, and would like to find out more without any obligation, please contact me (hsutherland@stbarts.co.uk) or leave a message with St Bart's Reception on 01635 521255 by 9am on Tuesday 7 May.

Mrs H Sutherland, Clerk to the Governors

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CURNOCK WIN HOUSE DRAMA

The annual House Drama competition returned to our stage last week with the Houses battling it out to impress us with their productions! Each House performed a piece written and directed by Year 12 students and performed by Year 8 and Year 10 actors. Curnock were the winners, here's what some of the winning team had to say...

"We found the experience of doing House Drama an incredibly fulfilling experience. Working with a talented cast of Year 10s (and Alfie, our only Year 8) we were able to create a winning piece which was funny, engaging and magical. The process came with many ups and downs, but we worked hard as a team to create something

we were really proud of. Everyone involved helped along the way by providing brilliant ideas, which enhanced the play even further. Our production 'The Donkey's Head', a play inspired by Shakespeare's 'A Midsummer Night's Dream', included a great set, a hefty handful of props and costumes and, of course, an incredible cast, which we couldn't have won without. We are so grateful for this opportunity and we hope to carry on Curnock's legacy in next year's House Drama. Thank you to everyone involved - we loved it!"

Amelia Piszczek and Edith Rayner

Special thanks should also go to all those members of staff who assisted before and on the night and to our esteemed judges, Nathan Lubbock-Smith and Rohan Richards from AVA (Academy of Vocal Arts). Based in Newbury, AVA is a fantastic performing arts school that focuses primarily on the voice and that has supported many new talents into the music industry and musical theatre business.

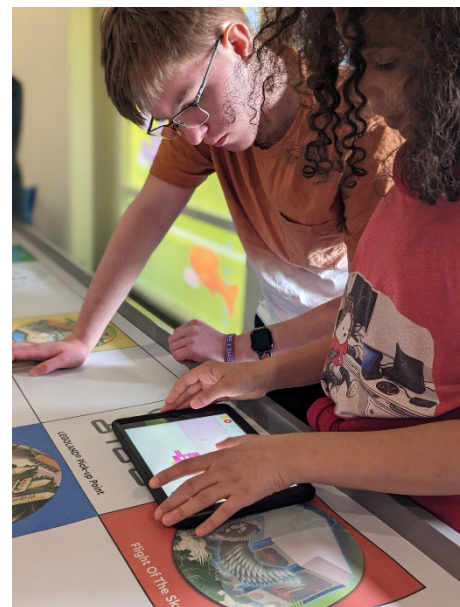


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YEAR 9 LEGOLAND TRIP

On Friday 26 April, Year 9 Computing students went on an exciting trip to Legoland! They attended a robotics workshop where they built their own robots and coded movements, sounds and light using a coding programming called SpikePrime. The students thoroughly enjoyed this and were able to put their coding skills to the test! They were tasked to get their robot from one point on a miniature Legoland map to another. When students did not have a workshop they enjoyed the rides! We were lucky enough to be one of the few groups to enjoy the new racer rollercoaster which was great fun!



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STUDENTS WITH RAZZAMATAZ!

Congratulations to St Bart's students Daniel Ledwith (Year 11), Robert Hall (Year 10) and Jenna Ledwith (Year 9), who recently took part in Razzamataz Theatre Schools Seniors Next Steps.

They were part of a cast of 15 Newbury students who had the opportunity to tread the boards on a real West End stage at the Shaftesbury Theatre, wowing a packed audience with their very own version of the hit musical, 'Little Shop of Horrors'.

Felicity French, casting director for Cameron Mackintosh, and who has worked on shows such as Hamilton, Les Misérables and Mary Poppins, said of their performance:

"Newbury's turn to take the stage with their piece inspired by Little Shop of



Horrors. They opened this fun set with 'Skid Row', wonderfully introducing the characters and setting the scene. Featuring 'Son Be a Dentist', sung by a brilliantly psychotic Orin, 'Suddenly Seymour', a lovely duet with excellent ensemble singing and, of course, 'Don't Feed the Plants'. Audrey II had a nice feature (great puppetry!) and the use of overcoats revealing sparkly costumes worked brilliantly. The whole cast worked hard throughout and did themselves proud. I left the theatre elated and excited by the young talent I'd just witnessed. I am extremely lucky to visit the theatre a lot in my line of work but nothing brings me more joy than being in the company of aspiring performers and their supportive friends and family. Congratulations to ALL involved, a truly fabulous evening and experience I'm certain that everyone will treasure."

As well as valuable performance experience, students were supported with next steps into vocational training and given an insight into the industry by current leaders. The day included workshops including 'Preparing for the Performance of a Lifetime' with a West End star, a Q&A with a top industry casting agent and also the opportunity to grow their skills and craft in an Acting through Song masterclass.

Congratulations to Daniel, Robert and Jenna for all their hard work. We hope they enjoyed the experience and we can't wait to see where their talent and inspiration takes them.

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RHODIUM READING CHALLENGE CHAMPIONS

Congratulations to Year 9 students Jimmy and Chloe, who join the honour list of those to complete the St Bart's Rhodium Reading Challenge. This shows an impressive dedication to reading, as to complete the final award in the school's Reading Challenge students need to read at least 57 books across the five challenges. The pair were congratulated by Dr Fitter, Headteacher, and Mrs Hewetson, St Bart's librarian, and presented with a hamper of goodies, including



books and their rare Rhodium Badge to be worn with pride. Congratulations Jimmy and Chloe!

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SASHA SHOWCASED

We have entered a piece of art work by one of our students into the exhibition opening soon at The Base, Greenham. Sasha is one of our Year 12 students and the work selected was produced during her Fine Art GCSE last summer. It's produced using acrylic paint and paper cutting and is titled 'Atychiphobia', fear of failure. The exhibition entitled 'Insight' kicks off this year's Open Studios scheme and features work from all the artists and schools taking part. It is open daily 10.00am – 5.00pm, 4 - 27 May and is well worth a visit. Well done Sasha!

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A LEVEL GEOGRAPHY BOOK CLUB

The A Level Geography Book Club is where we discuss worldwide issues through books related to geopolitics, the environmental crisis and how it will change our future. Societal issues such as environmental crisis and bettering humans in the future were key concepts in our last book, whereas the issues such as how we can help prevent a crisis was the focus of the book "Disaster By Choice".

Our last book, "How to Spend a Trillion Dollars" by Rowan Hooper, discussed the problems that society faces and how by spending a trillion dollars on the problem we can better the future. Our choice for how to spend the money was chapter 3 and 4 which heavily focused on the environmental crisis and how to reverse global warming through carbon capture techniques and getting the planet to go carbon neutral.



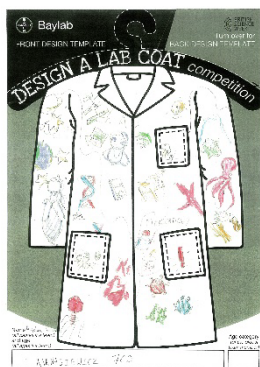
The book "Disaster by Choice," by Ilan Helman is another favourite read of ours. This discussed the response and in many cases human causes for a hazard becoming a disaster as well as the differences between the two. Poppy, one of the Y13s described the book as having, "Good synoptic links to other worldwide topics", "very helpful for anyone on the A Level Geography course"

Our next book will be "When the River Runs Dry" by Fred Pearce and we hope to see all A Level Geographers there!

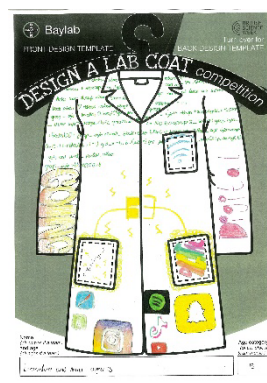
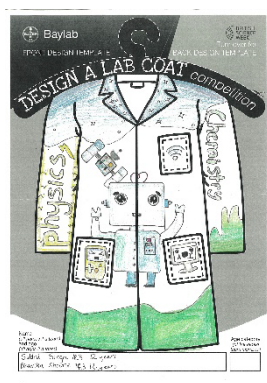
Daniel Newman (Year 12 Geography rep)

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DESIGN A LABCOAT COMPETITION 2024



As part of Science Week each year the Science Faculty take part in the Design a labcoat competition organised by Bayer PLC. In this competition the students are asked to produce a potential design to elevate a labcoat from its usual white to an exciting design on a particular theme. This year the theme was Artificial Intelligence (A.I.) and, as usual, a large number of interesting and colourful entries were received. The judges have whittled this down to a final four, which have been entered for the national competition. Copies of the front of the winning designs (some of which are joint efforts) are shown here. The winning designers are: Emmeline Lloyd (8D2), Anna Hall (8D2), Siddhi Singh (7E3), Bhavika Shourie (7E3), Alice Johnstone (7P1), Greta Mason (7P1) and Angelina Karnasiewicz (7C3).



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MARATHON SUCCESS FOR JACK

[Last year, we highlighted](#) that Jack Watkins, a St Bart's former student, had set himself the challenge of running the 2024 London Marathon in memory of his best friend, Toby, who lost his battle with cancer at the age of just 17. Jack was raising money for the Teenage Cancer Trust and many of you generously chose to support his brilliant effort and this fantastic cause. We are delighted to report that Jack successfully completed the London Marathon and raised the mega sum of £3,256 for the Teenage Cancer Trust.

Jack contacted us to say: *"I am so proud that I exceeded the initial fundraising target by 162%! This is a number that would not have been possible if not for the support of St Bart's, and the generosity and dedication of everyone involved, including parents, former students, and fellow staff members. Your collective support, whether through donations or spreading the word, has made such a difference, and I cannot thank you enough. For anyone who donated, your belief in this cause and in me has been incredibly motivating, and I am deeply touched by your kindness and generosity. Thank you, from the bottom of my heart, for not only helping me raise money for an incredible charity but for helping me keep Toby's memory alive. The London Marathon was an incredible success, by far the hardest thing I've ever done, but without a doubt the most rewarding too."*



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GO MR WILSON!

While most people will be enjoying the Monday May Day bank holiday with a rest, Mr Wilson, Patterson House Progress and Achievement Leader, is running his first marathon in Milton Keynes. He has been training hard and is raising money for Guide Dogs with every mile. If you would like to sponsor Mr Wilson and get the Patterson House charity moving along to dog 11...



[Please donate here.](#)



Good luck Mr Wilson – Go for Gold! We look forward to seeing the medal.

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WELL DONE MRS LEE!

Congratulations to Mrs Lee, our Safeguarding and Inclusion Manager who ran the London Marathon recently, raising £3440 for Sue Ryder, a charity close to her heart.

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PE

Year 7 Cricket

Congratulations to the Year 7 cricket team who won their County Cup round 1 match, beating Maiden Erlegh School.

St Bart's batted first, scoring 107 runs for 7 off 16 overs.

Maiden Erlegh replied with 86 runs all out in 15 overs.

Players of the match were Sibi, who took 4 wickets in 3 overs of bowling, and Zach, who scored 28 runs and bowled the leading batsman. The other wickets were taken in the overs bowled by Tom (3) and Joe (2). A special mention must also go to Ash and Riley for their fielding.





Year 8 Cricket

Well done to the Year 8 girls' cricket teams who competed in their first round of fixtures this evening.

The A team played against Kennet and The Downs and unfortunately lost both their games.

The B team played St Gabriel's and Willink Schools and also lost both their games.

Players of the match for both games, selected by our Sports Leaders, were Iris and Eva

Year 8 Cricket

The Year 8 cricket team had their first game in the County Cup yesterday against Edgbarrow School. After a tightly fought, slightly wet game of cricket, the boys came away winners by six runs. Player of the game was James Lawson.



1st XI cricket: defeat with honour

No giants were slain at Abingdon last week but the St Bart's team could hold their heads high after performing with great credit against "Premier League" (or maybe "IPL") opposition in terms of relative quality. After the home side's use of spin in the PowerPlay bogged us down at 35-2 after eight overs, captain Seb (Y12) and in-form Leo (Y10) put on 90 in the next 10 overs. Seb was out for 59 off 44 balls (4 fours, 4 sixes), while Leo made 56 off 42 (8 fours, 2 sixes). To only lose four wickets overall in our 141-4 was impressive, too. Things went less well with the ball, with a tough leg-side wide rule and the opposition's adroit left-right opening combo meaning our bowlers never settled. However, Y10 Ava conceded not a single bye as keeper and we were grateful to aspiring Southern Viper Poppy (Y12) for playing at short notice. Much food for thought.

U16 Football County Cup Semi-Final

Our U16 girls played their County Cup semi-final on Wednesday, after school, in tough conditions against The Marist. The girls had a one goal advantage at half time thanks to a well worked goal bundled over the line by Eloise and some heroic defending by Immy, Scarlett and Anna. The girls started the second half in the exact same fashion as the first, pinning The Marist back and searching for the second goal. We didn't have to wait long until Ellie scored an absolute worldie to give us that security.

Unfortunately, we conceded quickly after, which was not good for Miss Bilcliff's heart rate, as we still had 25 minutes to go! Thankfully, we won a penalty from Mya's long throw which caused a handball, and Mya coolly slotted it home for 3-1. The girls then kicked on even more, scoring another excellently worked goal with Chloe

applying the finish. Mya then rounded off the sensational performance by scoring with the last kick of the game to make us win 5-1.

I cannot emphasise enough how proud I was of the girls watching that performance, every single player found another gear and it was the best we have played all year. We are now in the County Cup Final for the first time ever at St Bart's so the girls have made history!! Fingers crossed they continue to make history next Wednesday in the final. A huge shout-out to the Year 9s - Georgia and Violet who stepped up and helped us over the line and a massive well done to every girl involved. Mya got player of the match for her two goals and outstanding work rate. Leading from the front with her relentless pressing and set the tone from the start. A massive thank you to all the parents who came to support too - it was brilliant to share that moment with you all.



Berkshire Schools Athletics



Congratulations to Anna (11C2) and Mya (11C3) who took part in the Berkshire Schools Athletics Combined Events on Friday.

A tough competition where both girls have to compete in five disciplines, scoring points as individuals. Both girls did extremely well with Mya finishing in 9th place overall and Anna finishing in 3rd place. Very well done to you both.

As a result of finishing in 3rd place, Anna has been invited to compete for Berkshire Schools in the South East Regional round of the English Schools Athletic Association Combined Events Championships in June. This is a huge achievement and we wish Anna Good Luck.

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Click and find us:

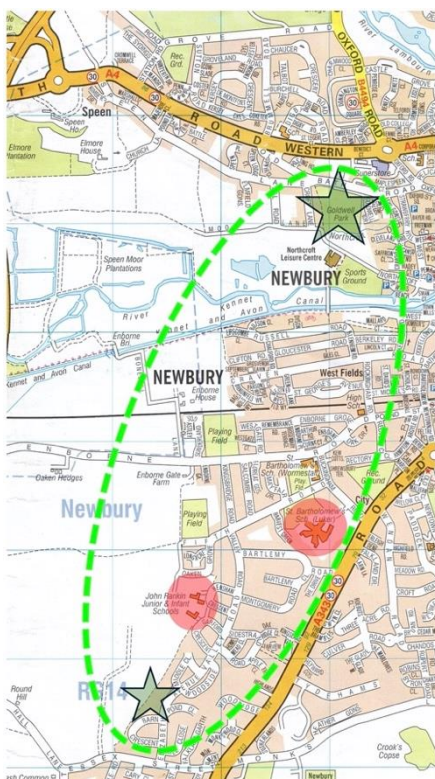
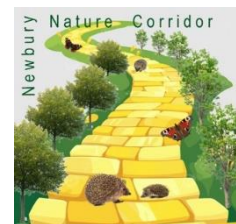


facebook



Newbury Nature Corridor

Saturday 4 May 2024



Guided Walk & Grand Opening

of the 2.5 mile route of the Newbury Nature Corridor

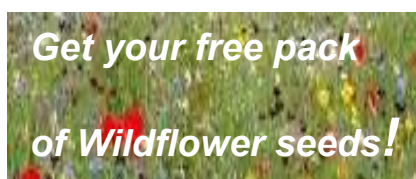
Visit the ponds being restored at John Rankin schools

Explore what we can do to help nature thrive in our streets and gardens! Chat with experts

10 am Barn Crescent field

(off Elizabeth Avenue, RG14 6HD)

Introduction by local ecologist Justine Whitehead



12.30 pm Goldwell Park

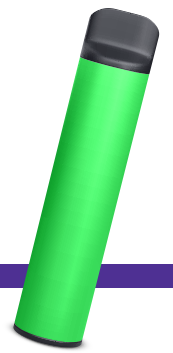
For ceremony by Newbury Town Council Leader, Gary Norman

See Newbury Friends of the Earth [FB group](#) for more details, or contact us: info@newburyfoe.co.uk



Youth Vaping

Information for parents and carers



This leaflet provides information and advice to parents and carers about vapes.

Vaping amongst children is on the rise. In 2023, 20.5% of secondary school aged children in Great Britain admitted to having tried vaping, up from 15.8% in 2022. The main reasons children gave for vaping were 'just to try it' and 'other people do it, so I join in', and their main sources for getting a vape are purchasing from a shop and being given them. Disposable vapes are most frequently used by children, with fruit flavoured vapes being the most popular. (ASH June 2023 [Use of e-cigarettes among young people in Great Britain - ASH](#))

What are disposable vapes?

Disposable vapes are pod-based devices with a single use plastic cartridge, containing a lithium-ion battery that heats a liquid to produce vapour, which is then inhaled.

Legal vapes which are regulated by the UK Government contain up to 2ml of liquid, up to 20mg (2%) nicotine and provide up to 600 'puffs' per vape, which is the equivalent of smoking about 30 cigarettes.

Who can sell vapes?

Unlike tobacco for which retailers require a licence to sell, there is currently no licence requirement to sell vapes, therefore anyone can sell them, including and not limited to barbers, nail bars, any retail premises, and market stalls.

Who can buy vapes?

Like tobacco products, it is illegal to sell vapes to anyone under the age of 18. It is also illegal to purchase vapes on behalf of someone under the age of 18. This is called proxy selling and if caught, the person buying the vape on the child's behalf could receive an on the spot fine of £80 or face prosecution in court and if guilty receive a fine of up to £5,000.



Vapes and health

Whilst vapes do not contain tobacco or the other chemicals found in cigarettes that make them the biggest cause of preventable deaths in the UK, vapes are not risk free. In the short term vapes can cause coughing, dizziness, and a sore throat. Asthma sufferers or those with respiratory conditions can be adversely affected and there can be an increased risk of seizures. Moreover, the use of vapes is being linked to poor oral health and gum disease. <https://www.nhs.uk/conditions/gum-disease/>



Youth Vaping Information for parents and carers

Most vapes contain nicotine which is a highly addictive substance that has been found to affect brain development in children. Learning, memory, concentration, and mood can be impacted through the use of nicotine. It can cause anxiety and depression and children can become dependent on nicotine quicker than adults.

The research into the effects of vapes on our health is only a few years old, therefore the long-term effects are still unknown¹.

Illegal vapes

Illegal vapes are not regulated; they often contain a much higher percentage of nicotine and more liquid than legal vapes, resulting in more 'puffs'. They are a fire hazard which can lead to damage to property and cause significant burns and injuries. Furthermore, illegal vapes have been found to contain metals such as nickel and lead and illegal substances such as tetrahydrocannabinol (THC), Spice, amphetamines and gamma hydroxybutyrate (GHB). These substances can cause the following effects:

- Chest pains
- Cough or shortness of breath
- Elevated heart rate
- Hallucinations
- Hyperactivity
- Impaired mobility
- Nausea
- Panic attacks
- Paranoia



If you believe that a child has used a vape containing an illegal substance, seek medical attention if you have concerns about their health; call 111 or use 111 online or call 999 in an emergency.

What can you do as a parent or carer?

If you suspect or know that your child has tried or is using a vape, talk to them about why, the risks associated with vaping and explain that whilst they are considered a tool to help adults quit smoking, they are not recommended for adults who don't smoke or for children.

If your child discloses, they are using a vape to manage stress or anxiety, talk to them about alternatives such as physical or creative activities, relaxation techniques and talking therapies.

Local services to support children are listed at the end of this leaflet.

If you find what you believe to be an illegal vape or if you are made aware of a retailer who is selling vapes to children contact trading standards by calling **01635 519930** or email tsadvice@westberks.gov.uk

¹Hartmann-Boyce, J, Lindson, N, et al (2022) Electronic Cigarettes for Smoking Cessation <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010216.pub7/full>

Youth Vaping Information for parents and carers

Local support and information

Via - The Edge

Young peoples drug and alcohol service in West Berkshire.

Email: theedge@viaorg.uk

Phone: 01635 582002

Tellmi

A safe, anonymous app where you can talk about absolutely anything. [Tellmi helps](#)

Time to talk

Free emotional and psychological support service for children and young people aged 11-25 and parents or carers. [Time to talk | Counselling for young people in West Berkshire \(t2twb.org\)](#)

Email: hello@t2twb.org

Emotional Health Triage Service (EHT)

A free service for children and young people under 19 years old and their families in West Berkshire.

[Emotional Health Triage service \(EHT\) - West Berkshire Council](#)

ChatHealth

Provides professional confidential advice on all matters related to health. Free text messaging service for parents or carers and children from a community school nurse.

Text: **07312263194**

General Information and Support

Smoke Free Teen

Advice on quitting vaping for children. [Quit Vaping | Smokefree Teen](#)

Talk to Frank

Information about vapes.

• Vapes: [Vapes | FRANK \(talktofrank.com\)](#)

• Cannabisvapes: ['Cannabis' vapes - do you know what you're vaping? | FRANK \(talktofrank.com\)](#)

