

SAFER



SCHOOLS

June 2023

Welcome to June's newsletter. As usual this newsletter has been designed to support and advise Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement to share what you feel will be **relevant** information with your child/s.

The Dangers of Vaping!!

Could your child be vaping? During the past couple of months there has been an increase of children and young people being seen across the county vaping while out and about with friends. Underage vaping has also been a subject covered nationally by the media. It is important to understand the risk to health and the path to addiction if not openly addressed with our families. Vaping hasn't been around long enough for us to know how it affects the body over time, but vaping could cause the following health issues.



- Slow brain development in children & young people
- Affects memory, concentration, learning, self-control, attention and mood
- Increases the risk of other types of addiction as adults e.g. Smoking
- Unknown toxins released into the body



There are many different products available however, in brief vaping can place nicotine into the body and nicotine is highly addictive. Some individuals choose to vape marijuana, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.

Parents should also be aware that it is illegal to sell e-cigarettes to anyone under the age of 18. If you discover that your child is using them, it may be worth finding out where they're purchasing or getting them from. If a child is buying the products from a shop, parents may wish to remind the shopkeeper of the law and/or report the retailer to the trading standards department of their local authority. While it may be difficult to stop or prevent your child from vaping/smoking, remind them of the health implications and that they're breaking the law.

For more information on how to educate & support your child if you suspect they are vaping or smoking please visit: <https://healthyschoolscp.org.uk/pshe/smoking-and-vaping/>

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Visit: cambs.police.uk

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Are you ready for Neighbourhood Watch Week: 3rd - 9th June

Neighbourhood Watch Week is celebrated every June, known as the **month of Community**, where people come together to celebrate everything that makes our communities great.

It's an opportunity to bring our neighbourhoods closer, give back and shine a light on our amazing communities. June will see a month of community events and celebrations across the UK, as communities get together to share friendships, have fun and support various charities and causes.

The theme this year is **MAKING THIS A BETTER PLACE TO LIVE** and focuses on:

- Being active in your community
- Inviting more people to join a Neighbourhood Watch Scheme in their area
- Celebrating volunteers

There's so much to get involved with, discover community events and celebrations across the UK.

For more information on how to get involved follow these two links:
ourwatch.org.uk/betterplacetolive AND ourwatch.org.uk/nwweek



Brake's Kids Walk

Join in on **Wednesday 14th June 2023**, when thousands of school children aged 4 -11 will take part in Kids Walk, a short, supervised walk to share important road safety messages. Kids Walk is supported by Aardman and Shaun the Sheep. Shaun is helping children call on their grown ups to make their streets safer and healthier for everyone.

This short video will explain more about the campaign: <https://www.youtube.com/watch?v=mvqBULGFc0g>

It is every child's right to be able to walk in their community without fear of traffic. Children of all ages are at risk of being hurt or killed when walking near roads. On average, six children are killed or seriously injured on roads in Britain every day – that's equivalent to a whole class of children every single week. Kids Walk is a great way to inspire and engage children about the dangers they face and raise awareness among parents and the wider community about how to educate and protect our younger road users.

It's also a great opportunity to fundraise for Brake and support families who have lost loved ones in road related deaths.

Click on the following link for more information or to sign up to be part of this campaign:

[Brake's Kids Walk](#)



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Cyber Sprinters: How to stay secure online (for 7-11 year olds)

CyberSprinters is an award winning interactive online resource for 7-11 year olds. This digital game, designed by **The National Cyber Security Centre**, is accessible on all devices such as phones, tablets and desktops. It's a fun and interactive way to educate children to learn about online safety.

Parents and Carers are invited to join in the fun with their children to complete puzzles to uncover codes that can be used to unlock the character 'Nano'. There are also additional resources that parents/carers can download for free to support children in this age group to develop their knowledge, skills and understanding in crucial areas such as:

- Creating and managing passwords
- Protecting devices
- Managing suspicious contact



For more information or to access this resource, please follow this link
nsc.gov.uk/collection/cybersprinters

Join us in making the internet a safer place for children.



CyberFirst: How to stay secure online (for 11-14 year olds)



The National Cyber Security Centre has launched **CyberFirst**: How to stay secure online – a free, interactive video learning resource for 11-14 year olds that raises awareness of some of the most common cyber scams and malicious activity that they may come across while using the internet.

This online resource is interactive, engaging and helps teach young people about using the internet appropriately. The interactive video follows three characters as they navigate their lives online, from communicating with each other, to online gaming and social media. The player is encouraged to make choices on their behalf and watch how these decisions play out on screen.

Parents and Carers can also get involved by using the additional resources which can be downloaded for free. These resources support the video and encourages conversations that you can have with your child about online security including:

- Protecting personal information online
- Managing devices and accounts
- Identifying scams and sources of support

For further information or to download the resources please follow this link
nsc.gov.uk/collection/cyberfirst1114

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We would love to hear your feedback & comments.
You can contact the team via our email

SchooolsandCYP@cambs.police.uk

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