



# NEWS & VIEWS

Be the best you can be.

Executive Headteacher: Mr Jamie Foster

## Headteacher's Comment:

In this week's News and Views, you will read about the efforts going into careers advice and guidance. This is being spearheaded through two outstanding staff that have taken up new posts this year: Mr Shoker Assistant Headteacher in charge of Personal Development and Mrs Frappell Head of Careers and Aspirations. Further exciting plans will be shared moving forward, which include work experience opportunities for our students and 'Aspirations Week' at the end of term which I know the students will really enjoy.

For the Parents and Carers of Year 12, the feedback on the recent Higher Education Evening that we held on Monday was very positive and should you have any questions or queries about this, do not hesitate to get in contact with our Sixth Form team.

Lastly well done to the following students for this week's Headteacher's Gallery: Sophia Guyon in Year 8 and Delphie Poole in Year 10 for their hard work in English. Gabija Zigute in Year 8 for her amazing achievement in gaining her 1<sup>st</sup> Dan Black Belt.



## Success at the U18 Ice Hockey World Championships

Congratulations to Joe Tomalin in Year 12 who last week represented Great Britain in the U18 Ice Hockey World Championships. Team GB won silver medals beating the Netherlands 9-1 to make the finals. The overall winners were the hosts, Poland.



What an amazing achievement Joe!  
We are very proud of you.

*#BeTheBestYouCanBe*



Chief Executive Officer: Mr R Duff

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## Careers talk with Adele Brett, Cost Lawyer



Last Friday 6 April students in Years 9,10, 12 and 13 were invited to join a careers talk from Adele Brett, a costs lawyer. Adele spoke to a group of students for an hour sharing with them her experience in the legal sector. Adele informed students about her day to day role as well as the different roles within the sector. Students developed their understanding of how to pursue a career in law post 18 and the variety of different option routes. In addition, students were encouraged to broaden their understanding of legal news stories as well as the advantages of work experience and how to effectively network. Students were engaged and had the opportunity to ask meaningful questions to develop their understanding.



## Year 12 & 13 Grade Booster & Bank of England talk

The Business department had a number of events last week for Sixth Form students. Both BTEC Year 12 and Year 13 Economics students attended the Tutor2u Grade booster workshops. St Martin's students were joined with students from across the country at these popular sold out workshops. These workshops allowed students to put their business and economics knowledge to the test with various revision activities and accompanying workbook. Students also gained invaluable insight on exam skills and methods to get those marginal gains to boost their grades in their upcoming exams. Many St Martin's students contributed answers and were rewarded with "I love economics" or "I love business" badges and Tutor2u pens, the teachers were also rewarded and gained some badges as well!



Last Friday I had the pleasure of welcoming Ben Cook, a senior operative from the Bank of England to St Martin's to speak to our Year 13 students. Ben's job involves helping to facilitate transactions of assets for both the UK Government and other central banks across the world. The presentation covered 'Economics in Practice', which looked into the Bank's operations in more depth, in addition he spoke about career opportunities and his journey joining the Bank. Many students took the opportunity to ask Ben questions about topics from Economics, the future of digital currency and future career opportunities with Ben staying after to speak to students one to one.



## Speak Out Challenge – Regional Final



On Wednesday 1 May, Jessica Saunders Year 10, proudly represented St. Martin's in the Jack Petchey Speak Out Challenge as one of the top 14 students from the 932 students who took part in the Speak Out Challenge workshops. Jessica's impassioned speech about the power of Opinions and Words, was an excellent demonstration of her empathy and kindness. Her speech, drew recognition from Councillor Gareth Barret, The Mayor of Brentwood, who congratulated her on her excellent delivery. Though Jessica did not place within the top three, she still made St Martins proud, and we congratulate Jessica for her hard work, her resilience and bravery to speak so honestly and passionately.



## Dates for the Diary

- 06.05.24 – Bank Holiday
- 07.05.24 – 08.05.24 – Year 13 A level Art Exam  
Year 13 Food Exam
- 08.05.24 – Prefect Thankyou Breakfast
- 09.05.24 – Year 13 Honours Assembly  
– Year 13 Leavers' Day
- 10.05.24 – Year 13 A Level Art Exam  
Year 9 Holocaust Survivor Talk



For PE fixtures please follow: Instagram @stmartinsschpe or [click here](#) for further PE updates



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# SAFEGUARDING NEWSLETTER

Summer 2024 – Issue

Be the best you can be.

Deputy Headteacher: Mrs G Tatman

Welcome to the first edition of our Newsletter from St-Martin's Safeguarding Team. The aim is to bring you all the latest relevant help and advice on issues we feel are of importance. In this issue, you will find a range of topics from alerts regarding dangerous substances found in vapes, lots of online safety trends to be aware of and help in supporting difficult conversations.



## Social Media and Digital Resilience NSPCC

**Advice to help children become more resilient online**  
Just like teaching a child to ride a bike or cross the road, digital resilience is another way to highlight the need to help children cope with whatever the online world throws at them.

Together with psychologist Dr. Linda Papadopoulos, the NSPCC have created a number of age-specific resources to get you started.  
<https://youtu.be/i7JnGgur5p0> Toolkit: Supporting 11-13 year olds  
To help your child adjust to the new challenges they may face at this age such as getting their own smartphone or joining a social network for the first time. See the guide for essential things you can do to support them. <https://www.internetmatters.org/resources/digital-resilience-toolkit/digital-resilience-toolkit-11-13-year-olds/>

### Toolkit: Supporting 14+ year olds

As they continue to form their online identity and consume more and more online, see tips on how you can stay on top of what they are doing and show support when they need it most.



## PSHCE TOPICS FOR THIS HALF TERM

- Year 7 – RSE – Puberty, Menstrual Wellbeing and Consent
- Year 8 – Health – Attitudes to Mental Health, promoting Emotional Wellbeing and Healthy Living
- Year 9 – Mental Health – Healthy and Unhealthy Coping Strategies and Dealing with Change, Loss and Grief
- Year 10 – Social Challenges – Discrimination, Challenging Extremism and Knife Crime
- Year 11 – Preparing for Exams

If you need help or support

**Reach Out via Email to our Safeguarding Team**

**reachout@st-martins.essex.sch.uk**



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# THE TRUTH ABOUT VAPING

## What are the risks?

- Vapes are a relatively new product; they are not risk free and their long-term impacts are not known.
- The harms of tobacco smoking are known: tobacco has led to millions of deaths and is a significant cause of morbidity. The harms of vaping are, as yet, not fully established but there are concerns regarding acute toxicity, especially when misused, and risks of adverse health outcomes including addiction.
- Exposure to second-hand tobacco smoke has well-established negative health consequences, including for children. The harms of second-hand vaping are not yet conclusive.
- There is growing evidence that vapes are becoming a gateway product to nicotine addiction amongst young people and that young non-smokers who use vapes are more likely than non-users to take up smoking



## The truth about vaping

### Facts from The Royal College of Paediatrics and Child Health from June 2023

Vapes, or e-cigarettes, are devices that enable users to inhale nicotine in vapour, generated by heating a liquid (e-liquid), rather than smoke. In the UK it is illegal to sell vapes to under 18s; however, data shows that the number of children and young people using vapes is rising.

Here are the facts about usage:

- More than one in five (22%) of 11-15 year olds had reported to have used vapes in 2021 in England.
- Almost 11-15 year olds in the UK, 4.0% currently use vapes, compared to 14.1% of 16-17 year olds and 20.2% of 18 year olds in 2022. This has doubled across all age groups since 2021, which was reported to be 2.2%, 5.9% and 9.6% respectively.
- The proportion of 11-17 year olds in the UK reporting to be current users doubled from 3.3% in 2021 to 7.6% in 2023, while



## St Martin's Safeguarding Team



**Mrs McGorrell**  
DDSL



**Mrs Tatman**  
DHT/DSL



**Mrs Wilson**  
DDSL



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