

October 2023 Issue



# SPRINGFIELD SCHOOL<sup>®</sup>

## NEWS



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# FROM THE HEADTEACHER

It has been a very busy and positive start to the 2023/24 academic year, and the first seven weeks of term have flown by very quickly. Prior to the start of the term the school was full of activity over the summer break with over fifty of our new Year 7 pupils taking part in the school's Summer Club, which has become an increasingly popular part of our transition programme for new pupils. Those able to attend had the opportunity to develop their social and leadership skills through a variety of activities ranging from inflatable archery to bush-craft. Pupils were also able to make new friends and get to know the site better in preparation for starting school in September. 100% of the attendees' parents agreed that Springfield's Summer Club allowed their child to feel more comfortable about starting senior school. At the same time some of our pupils with SEND were able to visit the school again to meet key staff. August also brought with it the joy of being with our former Year 11 pupils as they opened their GCSE results; we very

much enjoyed celebrating their success with them and hearing about their exciting plans for the future. We look forward to seeing some of them again at their Awards Event next month. More information regarding our former Year 11 pupils' success is on page 8, 9, 10 and 11 .

I'd like to send particular thanks to the school's estate and IT teams who were also extremely busy over the summer break making improvements to the site and, notably, upgrading the school's Wi-Fi. The De Curci Trust was able to secure funding (circa £273k) through the Government's 'Connect the Classroom' scheme which aims to improve internet speed in schools by upgrading Wi-Fi access points and network switches and the school community is already benefiting from this work. This is a significant first step in the Trust's Digital Strategy, which seeks to review and improve how we use IT for learning and operations in a sustainable way and complements the [Portsmouth Digital City Project](#). We remain in contact with colleagues at the DfE who

are involved in the School Rebuilding Programme and who have been conducting various prefeasibility surveys of the school site over recent months. It remains too early to know what projects the DfE will take forward (or not), but remain optimistic that we will find out over the next year whether some of our buildings will be upgraded as we would like.



Open evening on Thursday, 21 September was a significant highlight of the start of term and was extremely well attended by members of the wider community. We enjoyed being able to showcase the excellent provision that we have at Springfield and our pupils, including the Prefects, Tutor Group Assistants and others, were outstanding in making our visitors feel welcome and telling them about the school. One visitor wrote, 'I had the pleasure of attending the open evening today and was blown away by the facilities provided for pupils. The showcase of pupils' work from all departments was outstanding to say the least. [Pupils'] vast knowledge in every subject showed a true reflection of the high quality education that Springfield School has to offer.' My personal thanks to Samuel Shepherd (11S), Bethany Anthony (11R), Ollie Mo (8S) and Emitis Parvandar (8P) who, with me, presented to our visitors regarding their Year 11 and Year 7 experience of secondary school, respectively.

A highlight to this purposeful start of the year has been the number of clubs, trips and other extra-curricular activities that staff have been able to offer, including House and other mixed-age events. A particular favourite of staff and pupils this term has been the new trip to Iceland which departed on 12 October. You can read more about these activities in this edition (and the December edition) of Springfield News and I would also encourage you to visit our website and social media feeds to keep up to date with news and events in the school.

Kind regards

**Ms S F Spivey**  
**Headteacher, Springfield School**  
**CEO, The De Curci Trust**



# HOUSE NEWS

Starting on Monday, 2 of October 2023, Springfield celebrated its first House week of the academic year. Pupils were able to take part in House football, debating activities in Religion, Ethics and Philosophy, a Geography quiz in lesson time and a baking competition in Modern Foreign Languages (page 5). During the week pupils attend House assemblies, led by our Heads of Houses, Mrs Allison (Woolf House), Mr Green (Moore House), Mrs White (Franklin House), Miss Burrows (Constantine House) and Miss Woolger (Ayrton House). Our pupils were updated with regards to House point requirements, how to earn House points and the exciting reward events that we have on offer throughout the academic year. These rewards include 'skipping the lunch queue' (750 points required), receiving a House badge (1,200 house points) and an afternoon of 'Fun in the Sun' during the summer term (2,500 House points). We also have other House trips running during activities week in the summer term. These include a trip to Paultons Park for Year 7, Chessington for Year 8, Thorpe Park for Year 9 and Disney Land Paris for our Year 11 Prefects. Please note that Year 10 will be on Work Experience for this week. During House week it was lovely seeing pupils take part in House events, gaining double points for participation, along with double points on ClassCharts for good classwork. It was great seeing over 60 pupils take part in House football. All pupils have the opportunity to sign up via GoogleForms for different roles within their Houses. These include House Captains, Sports Reps and House Reps. Well done to all pupils who got involved.

Mr Peachment, Head of Achievement, Year 8

Well done to Ayrton who have taken the lead this half term.



# MFL BAKING COMPETITION

5

Students showed off their baking skills in the first House competition of this academic year.

The Modern Foreign Languages (MFL) department held a creative House competition this term. Students were tasked with baking a French or German type of cake or 'sweet treat' such as 'Sachertorte' or a 'croissant'. Students were asked to take a photo of what they baked and email it to their class teacher. The best bakes won prizes and all entrants received House points.

Well done to the three winners: Maisey Hayward (7G), Brooke Cutler (8P) and Ashmika Sujith (8D)

Miss Wardrop, Teacher of MFL



# HEADTEACHER'S AWARDS

Congratulations to:

Corben (11P)  
Archie Burchell (11E)  
Brooke Cutler (9P)  
Max Daughtrey (11E)  
Gwendolyn Dexter (11N)  
Amelia Fellows (11E)  
Allyza Gonzales (11G)  
Maisey Hayward (7G)  
Destiny Healy (8S)  
Ava Howard (11N)  
Evie Hyland (11P)  
Ameera Karim (9P)  
Maisie King (11E)  
Advaith Krishna (10G)  
Jayden Marsh (10D)  
Faye Peacock-Dew (8S)  
Sophie Randell (10N)  
Tanisha Rahman (11P)  
Aura Savidge (11F)  
Ashmika Sujith (8D)  
Andrey Vasilev (9D)  
Saffron Wilson (9D)  
Roxy Williams (9P)  
Joshua Witt (11G)

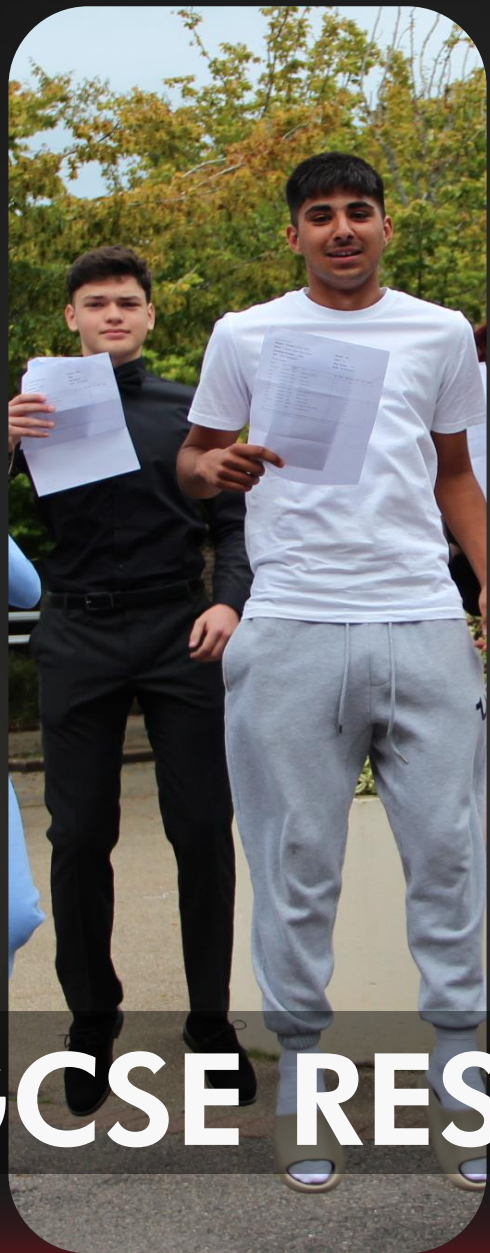
The listed students all received a Headteacher's Award this half term. The awards were given in recognition of a range of reasons including exceptional work, exemplary behaviour, commitment, enthusiasm, resilience, good results and achievements in a range of subject areas. Students were presented with their certificates by Ms Spivey.

Please note that due to GDPR some names of students who were awarded are not listed and some photographs are not shown in this newsletter.

**Mrs Norum**  
**Support - Marketing and Administration**







# GCSE RESULTS 2023



# Worthy achievements

9

On 24 August 2023 we celebrated the worthy achievements of our Year 11 students as they open their long-awaited GCSE and other qualification results. This is only the second cohort of students to have sat formal examinations since 2019 due to examinations having been cancelled nationally as a result of the COVID-19 pandemic. Students faced significant and on-going disruption to their key stage 4 programme of study, and showed real resilience and resolve in keeping up to date with their studies; they are truly deserving of their successes in the exams, their personal development and broader achievements.

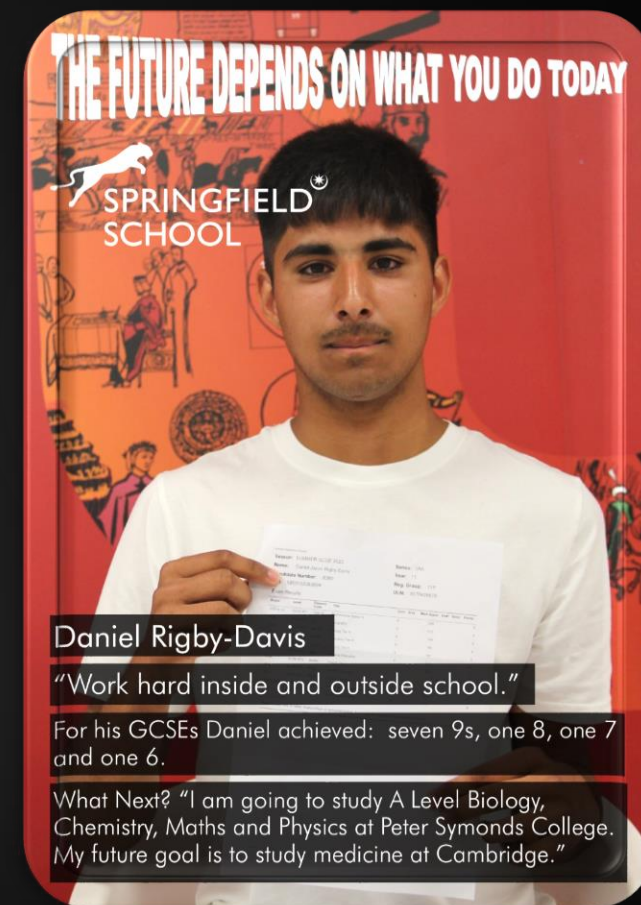
The school's provisional results indicate a sound performance by the year group as a whole, and some superb individual achievements. Notably, 72% of students achieved a grade 4 or above in an English GCSE and 61% of students achieved a grade 4 or above in the mathematics GCSE (grade 4 is the standard pass, approximately equivalent to the former grade C, and is the minimum entry requirement for the majority of A Level/Level 3 courses). Over half of the year group

achieved *five or more* GCSE passes including English and mathematics; and over a third of students achieved a strong pass (grade 5 or above – approximately equivalent to the former grade B) in *English and mathematics*. This year's top performing subject was Biology, with 95% of the students achieving a grade 4 or above. Well done to all of the Year 11 students! Congratulations also to the students in other year groups who also took qualifications this year, including the Year 10 students who took a GCSE in statistics, 97% of whom achieved a grade 4 or above. Outstanding!

Headteacher, Sara Spivey, stated, "It has been a real pleasure to see our Year 11 students again today and to congratulate them for their achievements. They have had an extraordinary experience of secondary school, and have shown real courage and optimism when dealing with the many challenges thrown at them by the pandemic and from elsewhere. We are very proud of all of their accomplishments at Springfield and they should be too. I'd like to thank the teachers and other staff who have supported the students throughout their

school journey; they have worked diligently to ensure students are all able to progress onto further education and training, and we look forward to learning of our leavers' success in the future. Well done to the whole Springfield team!" In 2020 and 2021, grades were awarded by centre-assessed grades (CAGs) and teacher-assessed grades (TAGs) respectively. This different form of assessment meant that grades were higher than in normal exam years. In 2022, there was a transition year that meant grades were roughly a midpoint between 2019 and 2021. However, this year, grades are expected to be similar to the 2019 profile. This means that national results will be lower than the three previous years; this is not unexpected. National performance tables will be published by the DfE this year with caveats to explain that 2023 data should not be compared to previous years.

**Ms S F Spivey**  
Headteacher, CEO



# What our top achievers say...

10



**THE FUTURE DEPENDS ON WHAT YOU DO TODAY**  
SPRINGFIELD SCHOOL

**Sakura Cheraghi**

"Don't stress too much, just do your best."

For her GCSEs Sakura achieved: two 9s, three 8s, three 7s and two 6s.

What Next? "I am going to study A Level Biology, Chemistry, Maths and Further Maths at Oaklands Sixth Form. My future goal is to go into neuro science."



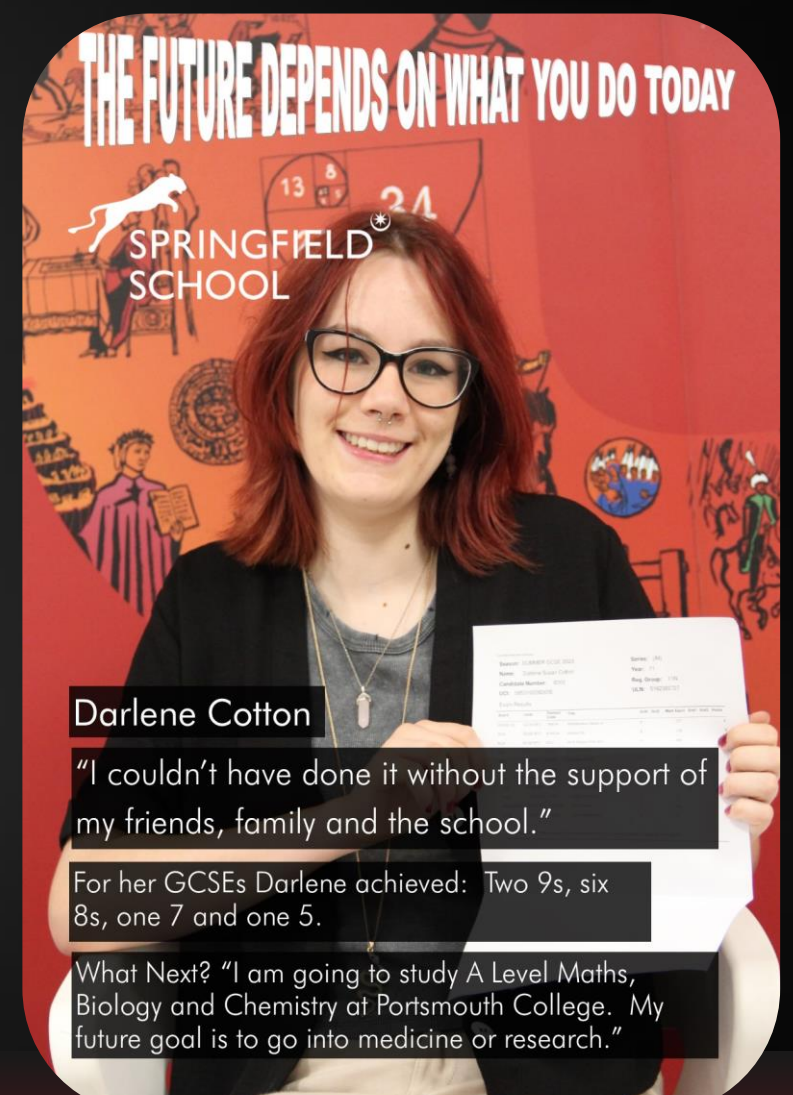
**THE FUTURE DEPENDS ON WHAT YOU DO TODAY**  
SPRINGFIELD SCHOOL

**Hannah Duffy**

"Thank you to all the teachers who helped me throughout school from Year 7 to Year 11."

For her GCSEs Hannah achieved: one 9, three 8s, five 7s, one 6 and one 4.

What Next? "I am going to study A Level Maths, History and Economics at Havant College. My future goal is to see where Economics takes me."



**THE FUTURE DEPENDS ON WHAT YOU DO TODAY**  
SPRINGFIELD SCHOOL

**Darlene Cotton**

"I couldn't have done it without the support of my friends, family and the school."

For her GCSEs Darlene achieved: Two 9s, six 8s, one 7 and one 5.

What Next? "I am going to study A Level Maths, Biology and Chemistry at Portsmouth College. My future goal is to go into medicine or research."

THE FUTURE DEPENDS ON WHAT YOU DO TODAY



**Katie Immins**

"Don't leave your revision too late or you will regret it!"

For her GCSEs Katie achieved: three 9s, three 8s, two 7s, one 6, one 5 and one level 2 distinction.

What Next? "I am going to study A Level Maths, Further Maths and maybe Politics at Havant & South Downs College. My future goal is have a career involving maths."

THE FUTURE DEPENDS ON WHAT YOU DO TODAY



**Matthew Bennett**

"Your teacher is your best resource."

For his GCSEs Matthew achieved: two 9s, five 8s, three 7s and one 6s.

What Next? "I am going to study A Level Economics, Maths and Physics at Portsmouth College. My future goal is to go to a flying academy or join a cadet programme."

THE FUTURE DEPENDS ON WHAT YOU DO TODAY



**Renato Noka**

"Trust in God and he will bring you wherever you want to be."

For his GCSEs Renato achieved: one 9, five 8s and four 7s.

What Next? "I am going to study A Level Economics, Maths, Business and Physics at Barton Peveril Sixth Form College. My future goal is to go into management."

# Become acquainted with some of our new colleagues

12



**Ms Burden**  
**Lead for Careers,**  
**Aspiration**  
**& Enterprise**

I trained at the University of Oxford and completed my PGCE there.

My favourite topic to teach is nineteenth century novels.

In a year's time I would like to have made a positive difference to Springfield pupils, especially with my three areas of responsibility: carers, equalities and able pupils.

My favourite quote is "Education is an atmosphere, a discipline, a life." Charlotte Mason.



**Mrs Green**  
**Head of English**

I trained for my undergraduate in English Literature and Language at the University of Winchester. My PGCE was through Portsmouth University. I am hoping to start a Doctorate in Education at the University of Winchester in the next few years.

My favourite topic to teach is English Literature. I really enjoy teaching Jekyll and Hyde: the idea that due to the experiences in Robert Louis Stevenson's life, it was inevitable that he would create this monster! This introduces pupils to the idea that writers are a product of their socio-economic backgrounds.

This time next year, I'd like to make it in without worrying that I am going to miss my junction on the motorway! On a more professional level, I'd like to learn more about the psychology and biology of learning.

As someone who has a real passion and a personal love of learning my favourite quote is "Intellectual growth should commence at birth and cease only at death." Albert Einstein.



**Mr Surgeon**  
**Head of MFL**

I trained at Chichester University.

My favourite topic to teach is travelling and going on holidays as travelling the world is one of my passions and I get to find out which countries all my students have been to.

In a year's time I'd like to see all my students fulfil their potential and get a great GCSE grade, I would also like to see my four year old riding her bike without stabilisers!

My favourite quote is "Not all those who wander are lost." JRR Tolkien.

# KEYNA

# TRIP

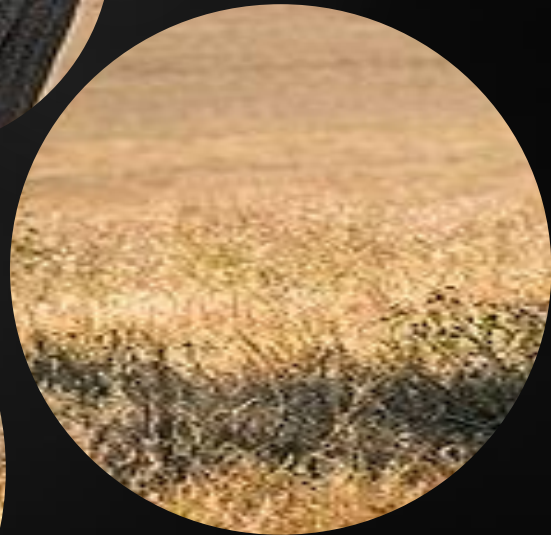
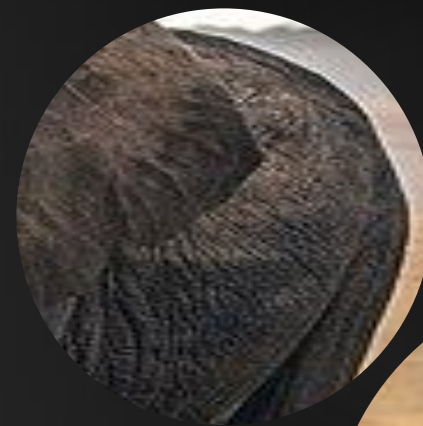


Photo credit: renda-mwangi, CC BY-SA 4.0  
<<https://creativecommons.org/licenses/by-sa/4.0/>>, via Wikimedia Commons

This August, 54 students and teachers travelled to Kenya after a year of work and volunteering, working hard to raise £2,200 and beyond. Fundraising involved holding school events, car boot sales, sweet sales, sponsorship and much more. This led up to departure on 5 August when we landed in the city of Nakuru after a day of travelling. On the way to our hotel we stopped at the Rift Valley, taking some incredible photos of the view as well as seeing some local wildlife, encountering zebras, donkeys, sheep, goats and even a giraffe in the distance.

It was interesting when we first stopped into a shopping centre and noticed a major difference in the prices of products. Being in Kenya made us appreciate the value of our own products and luxuries because, despite the fact that everything in Kenya was much cheaper than at home, lots of people still can't afford the basics.

When we got to the hotel we were given the rest of the day to unpack and settle in, getting used to the new environment. The next morning we were assigned the schools we were volunteering at (West End, Jubilee, and Cherish). Each school had their own advisor from African Adventures who let us know what we were to do at each school.

Arriving at the schools will forever be one of the most eye opening experiences of our lives, seeing the sheer difference and divide between our own conditions and the ones they were living in. The children were delighted to see us all and greeted us with flowers and

songs as a form of thanks for what we were bringing for them. The first day was spent finding out more about the students and the school.

Most of the week was spent constructing buildings or landscapes for the schools, painting, or teaching the children and getting to know them. On the fourth day we visited their houses, this helped to really put things into perspective for us, most of the children's houses were smaller than our own bedrooms. This day was potentially the hardest due to the fact that the children were so proud of their homes and we knew that we had so much more. We also brought gifts of household basics such as rice and cooking oil. Every household was so grateful for everything, saying it would sustain them for 3 weeks or more. Later that day we visited a market to buy some souvenirs and gifts for those at home.

The final day at the school was emotional for us all. We celebrated the time we had there, giving our donations and even receiving a few farewell gifts in return. The week was amazing and we couldn't have asked for a better experience.

After our time at the schools we got the chance to experience some Kenyan culture, we had a lesson in Swahili as well as a lesson on how to make Chapattis. We even got the opportunity to attend one of their church services, which is an experience we were all very grateful to be invited to.

When we visited the rubbish dump it was quite a shock. It was the largest dump in Kenya and over 300

families lived on it. It was so different from the life we live now and it was a massive reminder to be grateful for how we live now.

The weekend was spent with a safari where we got to see lots of different animals up close, a visit to the equator, a beautiful visit to a waterfall which we hiked up and down and a visit to the Menengai Crater- one of the largest calderas in the world.

Our final night was filled with celebration with a final meal together and speeches from all of those who had helped us at African Adventures as well as the directors of the schools we volunteered at. It was a happy event, but also sad as we knew we must leave.

The final day included a visit to a giraffe sanctuary where we got to feed the giraffes, one final goodbye to our guides, and then the trip home.

The time we had in Kenya will stay with us forever, having impacted us all in different ways and opened our eyes to things we would have never seen otherwise. We are all so grateful for the opportunity and miss Kenya already.

**Noah Likely (11D) and Keira McCullough (11F)**

# SCHOOL COUNCIL VOTING

15

On 17 and 18 October all students had the opportunity to cast their votes for their choice of School Council representatives. Students have had the opportunity to apply to be part of the Springfield School Council, applicants were then shortlisted and this list was then shared with their peers so they knew who the candidates running for election were. The elections proved hugely popular with hundreds of students casting their vote to elect two representatives from each year group. Polling ran over two days and pupils could vote before school, afterschool and during their lunch break. The results are now being calculated and the successful applicants will be announced in the coming days. Thank you to all pupils who applied and took the time to vote. The Springfield School Council is the student voice that can help drive change and reform within the school and I look forward to working with the newly elected candidates this year.

Mr Chaplin, Head of Achievement, Year 9



# OPEN EVENING

16



We were delighted that so many families were able to attend our Open Evening on Thursday, 21 September 2023. The event was extremely well attended and we were proud to showcase our wonderful pupils, facilities and the many opportunities offered at Springfield. Visitors got a real taste of Springfield, including an interactive 'crime investigation' in drama, musical performances, sports demonstrations and exciting science experiments. Caterlink were also on hand to give out samples of the food offered at Springfield's canteen. Visitors were able to view a huge variety of work on display in each of our subject departments. Our helpful Prefects gave guided tours of the school through each subject area. Thank you to all the pupils and staff involved - you did a fantastic job!

We were delighted to receive some great feedback from a prospective pupil's parent:

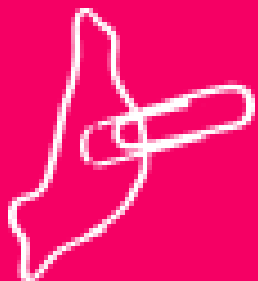
"I had the pleasure of attending the open evening today and was blown away with the facilities provided for pupils. The showcase of pupils' work from all departments was outstanding to say the least. I would like to take the time to sincerely thank [NAMES] for their amazing efforts in guiding us around every department. Their vast knowledge in every subject showed a true reflection of the high quality education that Springfield School has to offer."

Ms Kelly, Head of School





# The Paper Birds



The Year 11 GCSE Drama classes had a fabulous opportunity to take part in a full day's workshop with Ciaran from Paper Birds Theatre Company. Paper Birds are a group that devise their own original, stylised performances. The Year 11 students had the chance to explore different approaches to devising original drama using the techniques used by Paper Birds. This supplemented the work covered in class as part of their component 1, where students are required to devise a piece of Drama based on one or more of three stimuli. The students left the workshop full of inspiration and ideas of how they could apply what they had learnt to their own pieces.

## Mrs Needham, Head of Drama

'The workshop was something like I've never experienced before. It really helped to create new ideas' - Lucy Mengham (11D)

'It really took my work in a new direction' - Freddie Brown (11R)

'It helped to broaden our knowledge of different non-naturalistic scenes that we can involve in our final GCSE pieces' - Imogen Windebank (11L)

'It opened many doors for all of our performances' - Ellie Carter (11F)



# THE ANDREW SIMPSON SAILING CENTRE

Some of our Springfield students have been attending a six week sailing programme at The Andrew Simpson Sailing Trust. They have worked on basic skills and team work. They have progressed to such an extent that students will be able to sail independently on their session!

**Mrs Holbrook, Lead Pastoral Manager**

Sophie R Clark (8P) says: 'Honestly, I think sailing was one of the best experiences I have ever had. The teachers were funny and cool. They helped me get better at sailing. The whole 6 weeks were fun and interesting. Thank you to all of the coaches.'

Mason Proietti (8P) says: 'In my opinion I have really loved it and think it should be done again. The staff were really nice and made it easy to enjoy and learn the basics of sailing and throughout the 6 weeks it has been amazing. Thanks to the coaches for teaching us and taking their time with us.'



# DIVERSITY & INCLUSION

20

On Tuesday, 17 October Year 11 students Amelia Fellows (11E), Tanisha Rahman (11P) and Joshua Witt (11G) (pictured below) commenced the first of their newly formed 'Diversity and Inclusion Group'. The group meets on a weekly basis to discuss race, religion, ethnicity, gender inequality, misogyny, sexuality, LGBTQ+, special educational needs, disabilities (including hidden disabilities) and stereotypes. They will be working to promote multiculturalism, public/student voice and provide education on perceived 'humorous jokes'. The hope is that there will be some small trips during the academic year where the attendees represent the school at suitable community events promoting diversity. The aim of the group is to promote equality, diversity and inclusion in the school to help ensure that each student is able to learn in an environment where all aspects of their identities are recognised and respected. The 'Diversity and Inclusion Group' meets every Tuesday at Tutor Time in C11. We welcome all students from all years.



Ms Burden  
Lead for Careers, Aspiration  
and Enterprise



# ROAD SAFETY

21

We are fortunate that so many of our students are able to travel independently to and from school either on foot or cycling. I want to ensure that all students remain as safe as possible at all times and that other road users and pedestrians are given due consideration for their own safety. Our Home School Agreement states that parents/carers should ensure their child travels to and from the school site safely (including ensuring their child wears a helmet if they choose to cycle). Road safety general reminders:

- Do not use a mobile phone whilst walking or cycling as this can be a significant distraction and could lead to an accident.
- Remain vigilant at all times, stopping, looking (both ways) and listening when crossing a road
- Cross roads at designated crossings or where you have a clear view both ways up and down the road.
- If walking, use the pavement and avoid walking in the road.
- Be considerate of other road/pavement users (e.g. make space for someone pushing a pram).

Further advice for cyclists:

- Ride decisively and keep clear of the kerb.
- Look and signal to show drivers what you plan to do, make eye contact where possible.
- Avoid riding up the inside of vehicles, as you might not be seen. If a vehicle is indicating to the left hang back at the junction to reduce the risk of a collision.
- Always use lights after dark or when visibility is poor. Wear high-visibility and reflective clothing and accessories at all times.
- Wear a correctly fitted cycle helmet that is securely fastened and conforms to current regulations.
- Your local council can help you plan your journey by providing maps showing dedicated paths and routes.
- Where possible, try to maintain a safe distance when you cycle, for example when waiting at crossings and traffic lights.
- For more safe cycling advice please follow this link - <https://www.think.gov.uk/cycle-safety/>

Thank you to all students for following this simple guidance and thank you to parents for supporting this. Further information on road and cycle safety can be found here: <https://www.think.gov.uk/>  
Stay safe!

Mr J Wilburn, Deputy Headteacher



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](http://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 2020 to 11.8% in 2022. 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 trends. 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 exhalation. 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 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. So, 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 means that consumers aren't aware of the liquid's contents so can't identify potential risks.

### Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (Commissioned by Cambridgeshire 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-56895924>

[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) @thenatcollege /thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023

# VAPING

In the UK, the proportion of 11 to 18-year-olds who vape doubled between 2020 and 2022. That figure has continued to rise – a worrying trend that's not exactly been countered by frequent portrayals of vaping as cool and fashionable on social media platforms.

Many young vapers simply aren't aware of the habit's potential pitfalls – but with risks including unregulated products, toxic ingredients and future nicotine addiction, there's plenty for trusted adults to help children understand. The #WakeUpWednesday guide produced by the National College and National Online Safety (shown to the left) brings you the essential information.

Mr Wilburn, Deputy Headteacher

# YEAR 11 REVISION WORKSHOPS

23

Teachers of Year 11 Drama, French, German, Music and Science are offering half term revision workshops next week. Year 11 pupils to whom this applies are already aware of this opportunity. The programme of workshops is shown to the right.

Pupils are not required to wear school uniform when attending the workshops and may bring snacks and drinks. We hope that you will ensure your child takes advantage of this extra, free opportunity to prepare for their examinations this year.

Please note that as these workshops are being offered outside of our normal term-time timetable, there will not be our usual designated trained first aiders in school. Should an incident arise, staff will contact home initially and 999 in an emergency.

The Year 11 mock exams will also commence directly after half term. The mock exam timetable can be viewed by following this link:

[MOCK EXAM TIMETABLE](#)

Mr Wharton, Deputy Headteacher



## Revision Workshops - October Half Term

Date	Morning session 10am to 12.30pm	Afternoon session 1pm to 3pm
Monday, 23 October	<b>Music</b> Mrs Latif (MR2) <b>Drama</b> Mrs Brown (Drama Studio) <b>Science</b> Mrs Laffey (A11) Mrs Hale (A24)	<b>Music</b> Mrs Latif (MR2) <b>Drama</b> Mrs Brown (Drama Studio) <b>Science</b> Mrs Laffey (A11) Mrs Hale (A24)
Tuesday, 24 October	<b>Drama</b> Mrs Brown (Drama Studio)	<b>Drama</b> Mrs Brown (Drama Studio)
Wednesday, 25 October	<b>French (10am to 12 noon)</b> Mrs Bungshy (C28) <b>German (10am to 12 noon)</b> Mr Surgeon (C22)	

# FOOD BANK DONATIONS

24

## Students give generous donations to Portsmouth Food Bank

As part of Personal Development Learning we asked students to bring in to school (if possible) a non-perishable food item(s) or toiletries to be donated to Portsmouth Foodbank. The Foodbank feeds families in the local community and they are part of a nationwide network of foodbanks, supported by The Trussell Trust working to combat poverty and hunger across the UK. We were delighted with the huge number of donations that we received which were passed to the Portsmouth Foodbank on Friday, 13 October 2023. Thank you to everyone who donated.

Mrs Mandrill, Head of PDL





# FOOTBALL

25

## YEAR 7



At the end of the last academic year the Year 7 Boys Football team (who are now in Year 8) played in the Portsmouth Cup Final. They were worthy winners on the day and won 4-0. The boys deserved their place in the final and played some great football on their way to the final. Goal scorers in the final: Charlie Richardson, Jayden Deck, Alfie Dann and Riley Claringbould.

**Mr Green, Teacher of PE**

Pictured (left): Aiden Storey (8E), Oliver Mottershaw (8E), Oliver Farley (8N), Luke Causer (8R), Phoenix Bulbeck (8D), Ethan Wisniak (8L), Ashton Leng (8D), Jayden Deck (8N), Riley Claringbould (8D), Charlie Richardson (8R), Freddie Johns (8L), George Martin (8E) and Alfie Dann (8P)

Well done to the Year 7 boys football team. On Monday, 2 October they played in their first ever Springfield School football game and won! We played Cowplain in the first round of the Hampshire Cup and won 2-0. Our goals came from Oliver J and Robbie P. Player of the game went to Jack B for a consistent all round performance. Well played all.

**Mr Peachment, Teacher of PE  
Head of Achievement, Year 8**



Pictured (above): Front Row: Addison Hodge (9D), Aidan Carey (9N), Rudy Williams (9P), George Fox (9F), Henley Clark (9N), Adam Bentoumia (9S), Pranav Tamaang (9G), Hamoody Arabbetou (9G)

Back Row: Bradley Hoyle (9D), Dylan Rees (9S), Daniel Sinnott (9G), Freddie Ball (9F), Teddy Molyneux (9R), Lucas Turner (9E), Kudzai Gonorashe (9S) and Archie-Jay Maker (9G)

The Year 9 boys football team have enjoyed a strong start to both their league and county cup campaign. The students have won all three of their games with victories in the league over The Portsmouth Academy 5-2 and Mayfield School 3-2. The most impressive result to date was the students 5-0 in the Hampshire County Cup over Southampton based Toynbee School. A strong first half performance saw the boys go into the half time interval with a 2-0 lead, and looking comfortable. Early in the second half Toynbee came out strongly as they went in search of a vital goal, their attacking threat played nicely into the hands of Springfield who managed to pick them off on the counter attack scoring a further three goals. The game was played in a great spirit and the caliber of football on display was of a high standard. Goals were scored for Springfield by captain George Fox (2), centre back Kudzi Gonorashe (1) and midfielders Henley Clark (1) and Aidan Carey (1). Springfield are eagerly awaiting the next round of the draw which will be announced after half term.

**Mr Chaplin, Teacher of PE  
Head of Achievement for Year 9**

# YEAR 9

# BECOME A TEACHER

## LOVE TO TEACH INFORMATION EVENT

**Tuesday 7 November (3pm-5:30pm)**

**Portsmouth Central Library (Third floor)**

Explore your training options and discover your future as a teacher working in a Portsmouth school.

- Watch short presentations on routes into teaching and funding options
- Hear from early career teachers who share their experiences from the classroom
- Speak with training providers to learn about their courses

Visit [teachportsmouth.co.uk/lovetoteach](http://teachportsmouth.co.uk/lovetoteach)

**Love** | **Teach**  
TO TEACH | PORTSMOUTH

**GET YOUR FREE  
TICKET NOW!**

  @TeachPortsmouth  
 teachportsmouth

Teach Portsmouth have joined forces with training providers in the city to encourage more people to become teachers. If you or someone you know wants to join the profession, come along to Teach Portsmouth's Love to Teach event on Tuesday, 7 November from 3pm to 5.30pm at Central Library, Portsmouth (third floor). The information event is designed for those who are thinking about teacher training but are not sure where to begin.

For more information on the event and to get your free ticket, visit:

[www.teachportsmouth.co.uk/lovetoteach](http://www.teachportsmouth.co.uk/lovetoteach)

Watch short presentations on routes into teaching and funding

Hear from early career teachers who will share their experiences

Meet local training providers and ask questions

# PORTSMOUTH LOCAL OFFER

28

Parents/carers who have children and young people with special educational needs and/or disabilities (SEND) up to the age of 25 years old are invited to attend Local Offer Live at Cosham Community Centre on **Thursday 9 November 2023** from **10.30am - 2.30pm**.

This drop-in event brings together 14 community groups and organisations who provide information and advice. The event is hosted in the main hall inside the community centre with a separate space for short presentations with local professionals. There is no need to register for a ticket - just turn up!

We are asking schools and colleges to share this information with parents/carers on social media and inside newsletters to increase attendance.

For more information, visit the [Portsmouth Local Offer](#) website.



**Portsmouth SEND Local Offer**

**Local Offer Live!**

**Cosham Community Centre**  
**Thursday 9 November**  
**10:30am - 2:30pm**

Find out about the services available for families in Portsmouth who have children and young people with special educational needs and/or disabilities (SEND).

**No ticket needed. Just turn up!**

**SPECIAL EVENT!**

For more information, visit [portsmouthlocaloffer.org/live](https://portsmouthlocaloffer.org/live)

Portsmouth CITY COUNCIL

# CALENDAR

29

FIRST DAY BACK AFTER HALF TERM: MONDAY, 30 OCTOBER 2023

CHRISTMAS HOLIDAYS: MONDAY, 16 DECEMBER TO TUESDAY, 2 JANUARY 2024

## OCTOBER

30 October to 14 November	Year 11 Mock Exams
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## NOVEMBER

2 November	House Assemblies/House Week
2 November	Year 10 Reports Issued
7 November	Year 9 Reports Issued
15 November	Year 8 Reports Issued
16 November	Year 10 Subject Parents' Evening (remote)
23 November	2023 Leavers' Awards Evening
27 November to 1 December	House Assemblies/House Week
30 November	Year 10 Focus Day (Health)

## DECEMBER

5 December	Year 11 Reports Issued
6 December	Flu Vaccinations
7 December	Year 11 Subject Parents' Evening (remote)
12 December	Year 7 Pantomime Trip
12 December	Year 8 Singing Competition (morning)
13 December	Community Event
14 December	Year 7 Reports Issued
15 December	Charity Non-Uniform Day

Please note all above dates are correct at publication, but could be subject to change.

Please check the website/study planners for up-to-date information.