

# The Seagull



Issue 737 Friday 26<sup>th</sup> May 2023

Week beginning 5<sup>th</sup> June 2023 is Week 1

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**Under 13s Girls Football**

## HEADTEACHER'S NEWS

### Gold Seagull



Congratulations to this week's Gold Seagull winners:

Emma Year 7,  
Lopez Year 9 and  
Zoha Year 9.

Also I would like to say congratulations to Armaan Year 8 who won his Gold Seagull last week.

In last week's seagull I wrote about the importance of ensuring students go straight

home at the end of the school day. Following an incident this week, can I please ask parents/carers to read the letter I sent home regarding keeping students safe and supporting us by ensuring students are not hanging around local parks or outside the shops at Becontree tube station at the end of the school day. Senior staff go above and beyond by being on duty outside the school gates and at the shops.

We will move students on who are loitering outside of the shops. Please remind students of the importance of following staff instructions and going straight home at the end of the school day. Students should not be hanging around in the local area in their uniform. Can I thank parents/carers for their support.

This week as part of our commitment to out of school hours learning we held an OSHL fair where we promoted the wide range of extra-curricular clubs. It was a fantastic atmosphere with a wide choice of activities to enrich students' learning.

### **Vapes**

Some of you may have seen the BBC news article about the dangers of illegal vapes. The BBC found vapes confiscated from school pupils contained high levels of lead, nickel, and chromium. I have included a leaflet at the back of The Seagull about the harmful effects of vapes in young people. We have seen an increase in students vaping in school. We ask parents/carers to talk to their child about the harmful effects of vaping and remind their child that vapes are not permitted in school.

### **Year 11 and 13 exams**

We again have a fantastic revision programme for Year 11 and 13 students over the half-term break. I have been really impressed with Year 11 and 13 during the exam period. They have been working really hard and have showed tremendous resilience. May I wish you all good luck in your remaining exams. Try to get some rest amidst your revision this half-term.

May I wish you all a restful half term and we look forward to welcoming you all back at the normal time on Monday 5<sup>th</sup> June.

Ms Keane  
Headteacher

### **Saturday GCSE Maths revision sessions for Paper 2 & 3**

As we begin the journey towards the summer exams the maths department will be laying on some Saturday revision sessions. These will take place on the Saturday before each maths exam paper. The dates and times for these revision sessions are listed below along with the dates for the exams. Please note that the start and end times are different for higher and foundation students so they should arrive at the appropriate time. These times are slightly different from the previous letter sent around.

### **Revision sessions:**

Saturday 3<sup>rd</sup> June  
**FOUNDATION:** 09 00 – 11 00  
**HIGHER:** 11.15 – 13.15

Saturday 10<sup>th</sup> June  
**FOUNDATION:** 09 00 – 11 00  
**HIGHER:** 11.15 – 13.15

### **Exam dates**

Wednesday 7<sup>th</sup> June 09 00 – 10 30  
Wednesday 14<sup>th</sup> June 09 00 – 10 30

These sessions are extremely well attended and have a high impact in preparing our students for the summer exams. We encourage all students to come along and would greatly appreciate your assistance in ensuring your child attends.

Mr Gaudoin  
Director of Learning Mathematics and Numeracy

### **PDE department Relationships and Sex Education programme (RSE)**

Throughout this term Year 7, 8 and 9 will learn more about health education including sex education.

In Year 7 students will focus on areas like personal hygiene, puberty, and positive relationships. Year 8 & 9 will be educated around relationships, consent, sexting, decision making, body image and reproduction. Year 9 students will also learn about how to recognise and manage risk, contraception and STIs.

If you have any questions, please feel free to contact Miss Hector (Head of PDE).

Miss Hector  
Head of PDE

### **Year 12 sociology trip**



On 21<sup>st</sup> April, we visited the City of London Police Headquarters as next year we will study crime and deviance. We had talks with experts from four departments: cyber-crime, forensic services, serious organised crime and support operational group.





The sessions were interactive, and we were introduced to real cases that the police had worked on. This helped us to understand more about the control and punishment.

Radina

### **Bronze DofE Qualifying Expedition success for Year 10**



On the 19<sup>th</sup> and 20<sup>th</sup> May eight students from Year 10 set out on their qualifying expedition for the bronze Duke of Edinburgh Award.

They had undergone extensive training since September in a range of expedition skills including camp craft, map reading and navigation, route planning, first aid and weather. The weather was lovely and not too hot with a gentle breeze. The first day involved walking with everything that they would need from Woodford to High Beech in Epping Forest where they set up camp.

One group decided to light a campfire and busied themselves in the forest collecting firewood before it got too dark. They then took up the challenge of lighting a fire without using matches, which they did very successfully, and this kept everyone cosy as the temperature dropped away through the evening.

On the second day their trek continued through the forest via Debden to the Roding Valley Nature Reserve. A few people were quite stiff and tired by the end and one group in particular kept us guessing often as to exactly where they were, but they are to be commended for realising their mistakes and re-tracing their steps to a check point, as well as using their emergency phone at the correct time!

Congratulations to all of those in Year 10 who took part: Enoha, Majid, Ishaq, Harpreet, Shalewa, Ameenah, Marline and Ronni.

Enoha, Majid and Ishaq have now completed their bronze award. For everyone else please ensure that you upload evidence of your volunteering, physical and skill aspects of the award so that you can complete the whole thing.

Huge thanks also to the other staff who helped with the weekend, Miss Lea and Mr Kilminster.

Ms Montague  
DofE Manager

### **Year 12 Psychology Egg Baby Project**

This half term, Year 12 Psychology students have been studying attachment: an emotional bond between two people, leading to certain behaviours such as proximity-seeking and serving the function of protecting an infant.

The psychology department decided that the best way to help the students understand this was by giving them something just as delicate as a newborn baby: an egg. Using the principles and theories of attachment, the students had to take care of egg babies for a week, and this included taking their babies everywhere with them all while keeping them alive.

They had to write up baby journals throughout the process and some students did that by creating diaries, documents, and even TikTok accounts. We found that there were genuine attachments formed between an egg baby and its caregiver, leading to heart breaking



situations when some eggs were lost during the week, and tearjerking moments when the project was finally over.

It was extremely exciting to see the way the students handled this project, and I am excited for the winners to be announced after half term!

Aisha - Psychology Subject Prefect



Miss Scrimshaw  
Teacher of Psychology and Social Studies

### OSHL Fair raises the roof on Keane's Canopy!



On Wednesday 24<sup>th</sup> May in the afternoon a lively event was held under Keane's Canopy – our Out of School Hours Learning (OSHL) Fair.

The purpose of this was to promote the wide variety of after school clubs that go on within the school. Clubs that were represented included Drama, Wellbeing, Computing, Spanish, lots of DT clubs, DofE, Panathlon, Pride and Allies, and a whole variety of clubs in PE.

The PDE and RE departments were also out in force to promote a new Amnesty Club that will start in September. There was an exciting atmosphere, and the event really gave students a chance to engage with their teachers regarding the out of school hours learning opportunities that are on offer.

Thank you to all the students who took an interest, and especially to the staff who set up stalls and took time to promote what they are doing in their own time to further students' learning opportunities. Thanks also to Mr Cully and Daniel, OJ and Frankie in Year 9 whose help was invaluable in setting up and packing down this event.

There is a chance after half term to enter a raffle every time you attend out of school hours

activities. You get a ticket for every session you go to. A draw will be made at the end of term with prizes for the winners.



Also, students should remember that they are entitled to a credit for every OSHL session that they attend, and regular attendance over the course of a half term can be rewarded with an LOC!

Ms Montague  
OSHL Co-ordinator

### Basketball Training

A new basketball extra-curricular club will be starting after the half term break to provide the JRCS students with further opportunities to practise their basketball skills. Coaches from RDF will be coming in to take the sessions on the days and times listed below. As per usual with every JRCS PE club, there will be no extra cost for these sessions and students need to wear their full JRCS PE kit. Any questions then please speak to a member of the PE team.

#### KS4 basketball training

Wednesday - 3:15pm - 4:15pm

#### KS3 basketball training

Friday - 3:15pm.- 4:15pm

Mr Howard  
Head of PE



## Under 13s Girls Football



On Wednesday 24<sup>th</sup> May the Under 13s girls football team represented the school at this year's London school festival at Frenford FC.

The whole squad worked incredibly hard to be at the event and were amazing throughout the day. They showed great resilience to battle against some older opponents as well.

Overall JRCS came runners up after narrowly missing out on 1<sup>st</sup> place.

Golden boot winner goes to Charlotte Year 7, Girl of the tournament goes to Kornejila Year 7 for fantastic sportsmanship and individual performance throughout the tournament.

Well done to all of the girls involved!

Miss Pridie  
Teacher of PE



### GCE & GCSE Exams

Below is the exam timetable for GCE & GCSE exams which start on Monday 15<sup>th</sup> May. These are official exams and students will be required to attend normal lessons when they do not have a scheduled exam. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen. If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones or smart watches be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Date	Start	Exam Level	Component
05/06/2023	9:00AM	GCE	Economics - Micro & Macro Economics
		GCSE	English Language Paper 1
	2:00PM	GCE	Psychology Adv Paper 3
		GCSE	French Writing Test
06/06/2023	9:00AM	GCE	Geography Adv Paper 2
		GCSE	Spanish Listening Test
			Spanish Reading Test
	2:00PM	GCE	Pure Mathematics 1
		GCE	Media Studies Comp 2 Media Forms
07/06/2023	9:00AM	GCE	Business - Activs, decision & Strats.
		GCSE	Mathematics Paper 2 (Calc)
	2:00PM	GCE	Politics Adv Paper 2
		GCE	Biology Adv Paper 1
		GCE	Drama And Theatre - Theatre Makers In Prac.
		GCSE	History - Superpower Relations History -Superpower, saxon, norman
08/06/2023	9:00AM	GCE	Physical Education - Psychlgcl Fctr Afct Perf
		GCE	English Literature - Cmptrve & Cntxtl Stdy
		GCSE	Physical Education - Socio-ctrl Issues Sprrt Psych
		GCSE	Russian Listening Test
			Russian Reading Test
09/06/2023	9:00AM	GCE	Sociology Adv Paper 2
		GCE	Physics - Exploring Physics
		GCSE	Geography Paper 2
	2:00PM	GCE	History - Italy & Spain
		GCSE	Combined Science Biology P2
		GCSE	Biology P2
12/06/2023	9:00AM	GCE	Chemistry - Prdc Tble Elmnt Phy Chm
		GCE	Religious Studies Paper 1
		GCSE	English Language Paper 2
	2:00PM	GCSE	Building A Business
13/06/2023	9:00AM	GCE	History - Britain:empire & Warfare
		GCSE	Combined Science Chemistry P2
		GCSE	Chemistry P2
	2:00PM	GCE	Pure Mathematics 2
		GCSE	Spanish Writing Test
14/06/2023	9:00AM	GCE	Investigating Business
		GCSE	Mathematics Paper 3(Calc)
	2:00PM	GCE	Sociology Adv Paper 3
		GCSE	Polish Listening Test
			Polish Reading Test
		GCSE	Music - Listening And Appraising



15/06/2023	9:00AM	GCE	Physics - Unified Physics
		GCSE	History - Weimar & Nazi Germany
16/06/2023	9:00AM	GCE	Politics Adv Paper 3
		GCE	Biology Adv Paper 2
		GCSE	Combined Science Physics P2
		GCSE	Physics Paper 2
	2:00PM	GCSE	Geography Paper 3
19/06/2023	9:00AM	GCSE	Russian Writing Test
		GCSE	Design And Technology Written Paper
	2:00PM	GCE	Chemistry - Synths & Anlytcl Tchnqs
		GCE	Religious Studies Paper 2b
20/06/2023	9:00AM	GCE	Physical Education - Socio-cltrl Physl Actv Sprr
		GCSE	Dance Written Paper
		GCSE	Food Prep And Nutrition
	2:00PM	GCE	Mathematics (Statistics) Mathematics (Mechanics)
21/06/2023	9:00AM	GCE	Biology Adv Paper 3
		GCSE	Polish Writing Test
		VOC L1/L2	Hosp & Catering Industry Unit 1
23/06/2023	9:00AM	GCE	Chemistry - Unified Chemistry



# AT JO RICHARDSON WE

- A**spire to be our best
- C**ommit to our learning
- H**old high standards in everything we do
- I**nvolve ourselves in our communities
- E**ngage with all opportunities
- V**alue, care for and respect each other
- E**stablish resilience

  
**SUCCESS FOR ALL**

Weekly Outline of Out of School Hours Learning Activities - Summer 2023				
Club	Year Group	Staff	Time	Venue
Monday				
Orchestra	7, 8, 9,10 & 11	Mr Jenner	8:15am - 8:50 am	MU1
KS3 Badminton/Table Tennis	7,8,9	Mr Watts	12:30pm – 1:00pm	Sports Hall
KS4 Badminton/Table Tennis	10,11	Miss Pridie	1:30pm – 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1
Year 9 Football	9	Mr Cully	3:15 – 4:15pm	Astro
Tuesday				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
KS3 Basketball	7, 8 & 9	Mr Thomas/Mr Watts	7:44am - 8:15am	Sports Hall
Vocal Group	7, 8, 9, 10 & 11	Miss Harris	8:15am - 8:55 am	MU1
NEW KS3 Drama Club	7,8,& 9	Ms Willis	10:00 – 10:30pm	DR2
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
NEW – Art Club	7, 8 & 9	Ms Levene	12:30 - 1:00pm	AR3
KS3 Rounders	7,8,9	Miss Pridie	3:00pm – 4:00pm	Field
Cricket	All	Mr Howard	3:00pm – 4:00pm	Field
KS3 Rounders	7,8,9	Miss Pridie	3:00pm – 4:00pm	Field
Year 7 Rugby	7	Mr Kersey	3:15pm - 4:15pm	Field
Bronze DofE Expedition	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD3 starts 24/1
Food Club	KS3	Ms Damian/ Ms Hinds	3:05pm - 4:05 pm	FC1
Spanish Club (Week 2 only)	9	Miss Fernandez	3:05 – 4:00pm	MFL3
Wednesday				
Year 9 Football	Year 9	Mr Bashir/Mr Cully	7:45am - 8:30am	Astro
Fitness Club	All (Girls Only)	Miss Pridie	7:45am – 8:15am	Fitness Suite
Year 10 Band	10	Mr Jenner	8:15am - 8:50am	MU1
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
Indoor Cricket	All	Mr Howard	1:30pm - 2:00pm	Sports Hall
Year 7 Dance Club	7	Miss England	1:30pm - 2:00pm	DA1
Pride and Allies	All	Ms Brookman and Ms Belloni	1:30pm - 2:00pm	RS1
Year 9 Football	9	Mr Bashir	2:00 – 3:00pm	Astro
Basketball Training	KS4	RDF Coaches	3:15pm – 4:15pm	Sports Hall
Thursday				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
Fitness Club	All	Mr Thomas	7:45am – 8:15am	Fitness Suite
Wind Band	7,8, 9, 10 &11	L Ellis	8:15am - 8:55am	MU2
Panathlon Club	7, 8 & 9 invited	Ms Montague	10:00am - 10:30am	Sports Hall
Junior maths challenge club	7 & 8	Ms Aragroug and Ms Moody	12:30 - 1:00pm	MA4
KS3 Volleyball	7,8,9	Miss Jones	12:30pm – 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
GCSE Dance Technique	10	Miss England	1:30pm - 2:00pm	DA1
Year 13 Debate Club	13	M Ribbons and F Jabbar	1:30pm - 2:00pm	SF2
KS3 Dance Company	Audition 7,8 & 9	Miss England	3:00pm - 4:30pm	DA1
Athletics	All	All PE Staff	3:05pm – 4:30pm	Field
Year 8 Rugby	8	Mr Kersey	3:15pm - 4:15pm	Field
Spanish Club (Week 1 only)	All	Miss Fernandez and Ms Damian	3:15pm - 4:15pm	MFL3
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
Textiles Club	7, 8 &9	Miss Mir	3:05pm - 4:05 pm	DT4
Wellbeing Club	All	Ms Draisey	3:00 – 4:00pm	Conference rm (library)
NEW – Photography Club	9 & 10	Ms Franz	3:10 – 4:15pm	AR2
Friday				
Music Theory Club	10 & 11	Mr Jenner	8:15am - 8:55am	MU1
Year 8 Dance Club	8	Miss England	10:00am -10.30am	DA1
KS3 Maths puzzle club	7,8 & 9	Ms Morozova and Ms Malik	12:30 - 1:00pm	Maths atrium
KS3 Girls Football	7,8,9	Miss Pridie	1:30pm – 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Year 11 Football	11	Mr Cully/Mr Bashir	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Silver DofE	10	Ms Montague	3:00 – 4:00pm	SD3
NEW - Computing Intervention	10&11	Mr Cambell and Miss Hibbert	3:10 – 4pm	IT1
Basketball Training	KS3	RDF Coaches	3:15pm – 4:15pm	Sports Hall



# SEAGULLS BASKETBALL CLUB

**STARTING 7TH  
JUNE 2023**

**WEDNESDAYS - KEY STAGE 4  
FRIDAYS - KEY STAGE 3**

**3:15PM-4:15PM**





# Thank a Teacher Day!



**Wednesday 21<sup>st</sup> June 2023**



Thank a Teacher Day is an opportunity for you to thank a member of staff whom you feel has helped you in some way.



Please take the postcard provided and fill in all the information on the card including the reason you have nominated this person whether it be a teacher, or member of support staff.



Cards will be given out at registration time Week beginning 15<sup>th</sup> May 2023 and extra ones are available from the Reprographics Office.



All cards need to be returned to Reprographics office by Tuesday 13<sup>th</sup> June 2023.



*Teaching* IS THE PROFESSION  
THAT CREATES *all others*





FLAVOUR  
OF THE  
MONTH



*John Dory*

O-fish-ally  
**Awesome!**

Fish, chips and much more

*Try this & you'll be hooked!*

Aspens  
entree

**Tuesday 13th June 2023**

**NOT JUST FOR FRIDAYS!**

**TODAY'S SPECIAL IS O-FISH-  
ALLY AWESOME WITH FISH,  
CHIPS AND MUCH MORE  
INCLUDING SOME VEGETARIAN  
AND VEGAN DELIGHTS -  
THERE'S SOMETHING FOR  
EVERYONE.**

**TRY IT AND  
YOU'LL BE HOOKED!**



**Tuesday 13th June  
2023**

*Breaded Fish  
or  
'KFC' Cauliflower Wings*

***Served with***

*Chips  
Mushy Peas  
Chip Shop Curry Sauce*

***Dessert***  
*Bread & Butter Pudding*



Children and young people attending a Barking & Dagenham school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 <sup>th</sup> February	3:00pm – 5:30pm	Fanshawe Community
Thursday 16 <sup>th</sup> March	3:00pm – 5:00pm	Barking Library
Wednesday 29 <sup>th</sup> March	3:00pm – 5:30pm	Fanshawe Community
Wednesday 5 <sup>th</sup> April	10:00am – 1:00pm	Barking Library
Wednesday 12 <sup>th</sup> April	10:00am – 1:00pm	Fanshawe Community
Wednesday 26 <sup>th</sup> April	3:00pm – 5:00pm	Barking Library
Tuesday 9 <sup>th</sup> May	3:00pm – 5:30pm	Fanshawe Community
Tuesday 23 <sup>rd</sup> May	3:00pm – 5:00pm	Barking Library
Wednesday 31 <sup>st</sup> May	10:00am – 1:00pm	Fanshawe Community

**Barking Library**  
2 Town Square  
Barking  
IG11 7NB

**Fanshawe Community Centre**  
Barnmead Road  
Dagenham  
RM9 5DX

## THC Vaping Parent/Guardian Resource

### Introduction

There has been an increase in young people using vapes and in particular experimenting with THC vaping. THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention. This resource has been created to give information to support conversations with your child around THC vaping. You will read about THC vaping, the short term and long term effects as well as the legalities to help you make the most informed decisions to keep your child safe and happy.

### What is Vaping?

Vaping is the inhalation of vapor from a vaping device or e-cigarette. These devices are electronic, and they heat a liquid to a vapour to be inhaled. The liquid is usually a mixture containing nicotine, propylene glycol and/or vegetable glycerine, and flavourings. Other liquids can be added to the vape.

### What is THC Vaping?

The most common emerging trend amongst young people is to add THC oil to their vaping liquid. THC oil is a sticky thick, yellowy brown liquid which comes from the cannabis plant. THC is the chemical that gives the 'high' effect and it is illegal in the UK.



### How Do I Know My Child is Vaping?

Vaping tends to produce clouds of smoke that are scentless and disappear quickly, so it can be difficult to sense if your child is using a vape. Vaping is relatively new still, and little is known about the short term effects, however it is generally thought that vaping is less harsh than smoking as it is generally tobacco free and has less chemicals than cigarettes, which is why it is a popular method for stopping smoking. The short term effects of vaping can also vary depending on what is in the vaping liquid such as the nicotine content. However inhaling any substances is not entirely risk free. Below are some images of different styles of vape or e cigarettes.



### Short Term Effects Of Vaping THC

### How Do I Know My Child is Vaping THC?

Vaping THC will have similar effects to using cannabis. Vaping THC as opposed to smoking cannabis allows a larger amount of THC to be inhaled very quickly, potentially causing overdosing. The effects of vaping THC depends on the amount of THC/CBD in the vape, your child's mood, the environment and how often it is used. The short term effects are listed on the right and can be signs your child has vaped THC oil.



### ATTENTION

- Blood shot eyes
- Dazed/dreamy demeanour
- Short term memory loss
- Faint/feeling sick
- The giggles
- The munchies
- Dry mouth
- Paranoia
- Anxiety



You can watch more about the short term effects on this talktofrank video.  
[FRANK: Cannabis Side Effects - YouTube](#)



## Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking. [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk/using-e-cigarettes-to-stop-smoking/)

The long term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia

Mental Health -

- Anxiety and paranoia
- Hallucinations

These can happen during use, and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. [Cannabis: the facts - NHS \(www.nhs.uk\)](https://www.nhs.uk/cannabis-the-facts/)

## Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. **However as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.**

LAW



## Will my child get into trouble for using THC Vapes?

**Cannabis is an illegal Class B drug.** There are consequences for the **illegal** possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

**Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.**

To read more about the legality of cannabis please see the government website [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk/drugs-penalties/). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk/what-is-county-lines/)

HELP



## How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

Below are local and national services to find more information and support for your child.

### Local

- Adolescent Development Services SORTED
  - [sorted@hillingdon.gov.uk](mailto:sorted@hillingdon.gov.uk)
  - 01895 250 721
- ARCH Hillingdon
  - 01895 207 777
  - [arch.hillingdon@nhs.net](mailto:arch.hillingdon@nhs.net)



### National

- Childline - 0800 1111
- Frank - [talktofrank.com](https://talktofrank.com)
  - 0300 123 6600
  - [frank@talktofrank.com](mailto:frank@talktofrank.com)
  - text - 82111
- youngminds - [youngminds.org.uk](https://www.youngminds.org.uk)
- ADFAM - [adfam.org.uk](https://www.adfam.org.uk)
- Samaritans - [samaritans.org](https://www.samaritans.org)
- The Childrens Society - [childrensociety.org.uk](https://www.childrensociety.org.uk)
- MIND - [mind.org.uk](https://www.mind.org.uk)
- CYPMHS - NHS mental health support
  - [nhs.uk - search CYPMHS](https://www.nhs.uk/search/CYPMHS)

