



Follow our new WhatsApp channel to stay connected and up-to-date

It is hard to believe that we are once again nearing the end of the academic year. I would like to take this opportunity to say how proud we are of our students for their dedication to their studies and the way they have conducted themselves during the stressful exam period.

In this issue of our update I would like to focus on celebration and progression. Celebrating academic and vocational success, and also celebrating the individuals that make up our diverse college community.

My colleague Jatinder also has an important safeguarding update about the dangers of vaping and what you, as a parent, need to know.

Don't forget to follow our [WhatsApp channel](#) to stay connected and up-to-date with instant access to important announcements, reminders, and highlights from our college community.

Thank you for your continued support and partnership.



Lee Hunt MBE
Deputy Principal

 [LinkedIn profile](#)



Pride and diversity

This June we are proudly celebrating Pride Month, recognising the LGBTQ+ individuals in our community. Embracing this celebration is a testament to our commitment to fostering a culture of tolerance, respect, and inclusivity.

Acknowledging Pride Month is not just about the events or the rainbow flags; it's a profound statement that every individual's identity is valued and respected in our community.

We understand that many young people are exploring their identities, and questions about sexuality can be a significant part of their college experience. To support our students, we've provided resources on the Student Hub that provide information, guidance, and reassurance.

We also have dedicated safe spaces within the college where students can find support, engage in meaningful conversations, and feel a sense of belonging. This initiative reflects our dedication to ensuring that all students have the opportunity to thrive in a supportive and understanding environment.

Resources for parents

- [FFLAG - A guide for family and friends](#)



Taster Day

Taster Day on **15 July** is for brand new students joining us in September. These applicants should have already received an invitation but if not, they can register to attend via our website.

[REGISTER](#)



UCN Expo

The UCN Expo on **02 July** is a showcase of the innovative projects developed by our talented university centre students and apprentices. There is a public exhibition at 16:00 if you or your child would like to know more about higher education.

[REGISTER](#)



Study Online

Free Study Online courses, in a range of subjects from business and administration to child development and mental health, enable you to choose when you wish to study and allow you to study at your own. Check out our list of **over 20 career boosting qualifications**.

[READ MORE](#)

Safeguarding Update - Dangers of vaping!

We know that the use of vapes is on the rise. Marketing makes vaping attractive to younger people, enticing them to use vapes, particularly disposable vapes which are offered in a variety of colours and flavours. Vapes are electronic devices (also known as e-cigarettes) designed to allow people to inhale nicotine in a vapour. Using a vape is known as vaping. E-cigarettes are electronic devices that heat a liquid (or vape juice), often containing nicotine, propylene glycol or vegetable glycerine, water, and flavourings into a vapour that is inhaled by the user.

What should you know as a parent or carer?

There is clear advice that vapes should **not be used by children and young people**. Vaping products should not be sold or given to anyone **under the age of 18**. The use of any type of vape can increase young people's **exposure to harmful chemicals**. Reported **side effects** of using any vape include vomiting, nausea, coughing, shortness of breath, mouth irritation, and asthma. Nicotine can be found in most vapes. Nicotine is a **highly addictive** chemical, and it can affect brain development in young people. This may impact their learning, memory, concentration, and mood, causing anxiety and depression. It can also lead to addiction and physical dependence. Defective products may catch fire or explode, leading to burns and injuries.

What you can do as a parent or carer If you know or suspect your child is using a vape, talk to them about the risks and that they are not designed for general use, only as a tool to quit smoking or as a less harmful alternative to smoking for adults.

If your child is using the vape as a way of managing their anxiety or stress, there are other ways they can destress without relying on vapes, such as physical and creative activities, relaxation techniques and talking therapies.

[Smokefree Teen](#) has useful advice on vaping for young people including tips to deal with cravings, understanding triggers and managing anxiety, stress and the cost of vaping.

[FRANK](#) offers free impartial advice on all substances. Call FRANK anytime on 0300 123 6600 for confidential advice.

[Via - the Edge](#) provides help and support on substance misuse for young people with free and confidential advice, care and support for people in West Berkshire.

If you have any questions or queries please feel free to speak to our safeguarding team at safeguarding@newbury-college.ac.uk



Jatinder Matharu
Director of Safeguarding



