



The Apple



The weekly news from Isaac Newton School, Grantham

Volume 5 Issue: 008

Circulation: 420

Date: Monday 16th October 2023

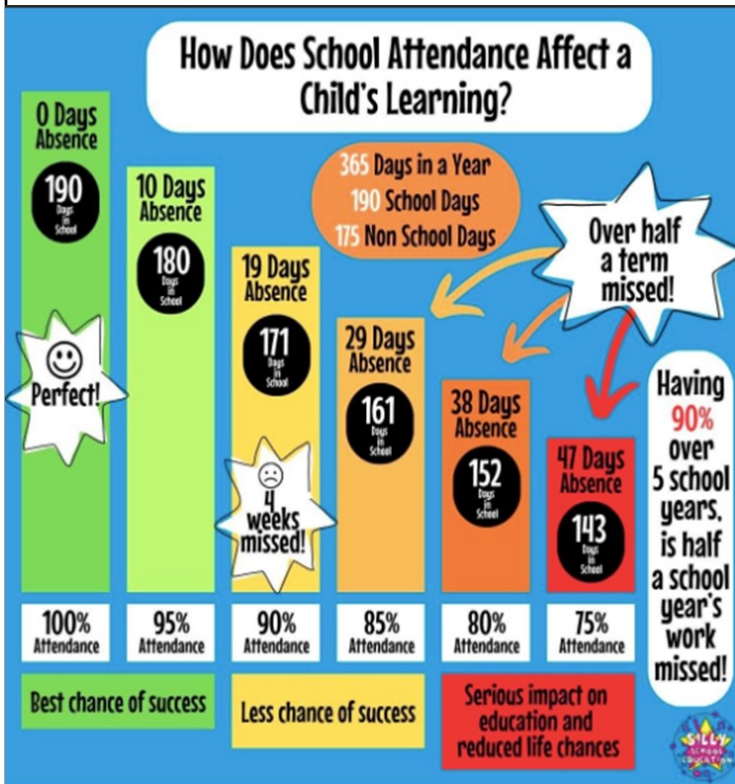
Dear Parents/Carer

It's been a very busy two weeks since the last Newsletter. The staff and children have been working really hard, there have been so many things to celebrate, and they definitely deserve their half-term holiday from Friday 20th October. The new term commences on Monday 31st October.

Reminders

It is parents and carers responsibility to inform the school office if their child(ren) are going to be absent from school. Please do this by calling 01476 568616, by 9am.

Below is a reminder of the impact of having below 90% attendance. If this continues over a five year period, this is equivalent to **half a school year's worth of lost learning.**



chosen task which was walking around school. This proved to be a huge success and lots of fun. I am pleased to say that last week's winning class was Class 7. They received an extra playtime on Friday, and enjoyed some delicious biscuits! The focus for this week is to continue walking around school and to Be Ready (Ready for learning, the next activity, for playtime, coming back into school) at the first time of asking.

EYFS

On Thursday 12th October, we held an Open Morning for parents of children who will be eligible to join us in September 2024. The event was well attended. After a whole school introduction from Mr Milner, Mrs Ellis spoke about the Foundation Unit and the exciting things the current cohort have already been doing. There was then a tour around the school, which gave parents and the little ones present, a chance to see first-hand what it is like at Isaac Newton. The morning was a huge success and will be repeated next Thursday (19th October) at 2pm. Please contact the school office on 01476 568616, if you would like further information.

Parents' Evening

On Tuesday 10th and Wednesday 11th October, we held the first Parents' Evening of the academic year. The appointments were a huge success and I would like to thank staff for their efforts with preparing and hosting these crucial meetings - but also to the vast majority of parents who came along to discuss their child(ren)'s progress and to look through the work they have completed so far this year. Having a positive partnership between home and school is essential and I am pleased to inform you that 92% of parents/carers took up appointments. If you were unable to attend Parents' Evening, please get in touch with the school office or your child's teacher and we will set up a meeting with a member of the Senior Leadership Team or the class teacher.

School Value

We have continued to focus on our school value of **Respect** this term. There have been assemblies on this theme and staff have modelled this to the children regularly. I have set the whole school a challenge for everyone being respectful to everyone, all the time. Last week we introduced Respect Tokens. These are given to classes once they have successfully completed a



Mr D. Milner
Headteacher

Year 2 Perlethorpe Trip

On Thursday 5th October, year 2 were lucky enough to visit Perlethorpe Education Centre where they took part in an interactive, Victorian experience. The children had an amazing time and after reading through their recounts of the day, they clearly learnt a huge amount too. Huge thanks to the staff for organising the event, trips such as these enhance the curriculum and the memories will stay with the children for years to come.

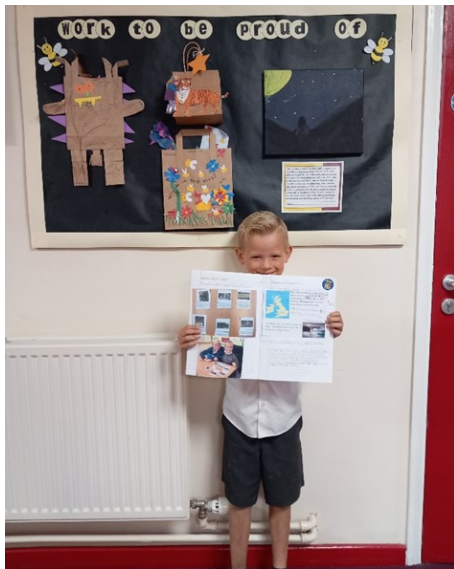


Year 1 Woolsthorpe Trip

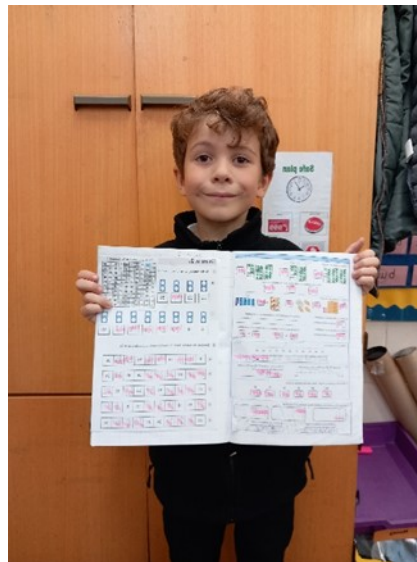
Year 1 had a wonderful trip to Woolsthorpe Manor. We took part in three activities: a light workshop, playing in the science centre and a tour of Isaac Newton's home! The children all enjoyed the day and impressed staff with their lovely manners and good listening skills whilst out on the trip.



Work to be proud of



Cole was really proud of his English work this week and so are we. Well done Cole!



Riley did so well with his maths earlier in the week. He absolutely smashed it. Well done Riley!



Year 2 have been writing some excellent recounts about their trip to Perlethorpe, where they learnt even more about the Victorians. You can tell from their writing how much they enjoyed the day!

Work to be proud of from home



Well done to Raila-Mae. AMAZING Pop Art completed at home. We are so impressed as this must have taken a long time.



Phenomenal DT work from Nate. A Stone Age cave and garden. This must have taken such a long time to complete. Well done!

Sports News

Mr Doughty and Mrs Haddock took a group of Year 3/4 children to Kesteven Rugby Club to participate in a tag rugby festival. The children completed a carousel of activities, including rugby rounders and rugby stuck in the mud. The children were fantastic all afternoon and thoroughly enjoyed the event. Well done to everyone, you were a real credit to Isaac Newton!



We recently announce our Bronze Ambassadors in assembly. Well done to Isabel, Emily, Nelson and William who will help to promote healthy active lifestyles across the school. They attended a training session held by Inspire+ where they learned all about the role and how they can be fantastic young ambassadors for our school and the local community.



Another group of year 6 Leaders have recently been announced- our House and Vice Captains. They will help to assist with house events and competitions and do the very important job of totalling up their house points across the school each week. Well done to Oscar, Emily, Jamil, Danni, Summer, Zofia, Vanesa and Mia!



Last week in PE lessons, children in Years 3-6 have taken part in our very own Rugby House Tournament to celebrate the Rugby World Cup, which is currently taking place in France. The children competed in any direction tag games and all earned points for their respective houses. All the points were added together across KS2 and we are pleased to announce the overall winners were Saunders!! The children thoroughly enjoyed the games, learned and developed their tag rugby skills, with huge smiles on their faces. Well done everyone!



Dates For Your Diary:

16 th October	School photographs
17 th October	Halloween disco
18 th & 19 th October	Year 3 Stone Age Visits
19 th October	Parent visits for EYFS starters in September 2024 (2.30pm)
20 th October	Purple Day (Raising Money for Rotary Club)
20 th October	End of term 1
30 th October	Start of Term 2
31 st October	Class 3 Woolsthorpe Manor trip
1 st November	Girls Football v Huntingtower
2 nd November	Girls Football Tournament @ Kings School
9 th November	Year 6 Cromford Mill
17 th November	Children in Need Day (wear something spotty with school uniform)
7 th December	Christmas Fair
8 th December	Year 3 Greek Day
14 th December	EYFS trip to Rand Farm
15 th December	Christmas Dinner Day
20 th December	End of term

Safeguarding Update

Children's services (Monday to Friday, 8.00am to 6.00pm) **01522 782111**

Out of hours emergency duty team: **01522 782333**

If you believe there is a risk of immediate danger or harm, contact the Police on **999**.

For further information, please visit <https://www.lincolnshire.gov.uk/safeguarding/report-concern>

You can also contact the NSPCC to report a concern or to gain advice:

NSPCC (Help for adults concerned about a child): **0808 800 5000**

If you have a concern about domestic abuse, you can call:

EDAN Lincs: 01522 510041

National Domestic Abuse Helpline 0808 2000 247

www.nationaldahelpline.org.uk (run by Refuge)

Men's advice line: 0808 801 0327

info@mensadviceline.org.uk

Or call **999** in an emergency

If you need support with your mental health or emotional state, you can contact:

Night Light Cafe Lincoln: 0300 011 1200

Search Night Light Cafe Lincoln on Facebook

Lincs Mental Health Helpline 0800 001 4331 (24hours a day)

Calm For men who need to talk 0800 585858 (Between 5pm and midnight every day) www.thecalmzone.net

SHOUT Text SHOUT to 85258 (24 hours a day)

Samaritans 116 123 (24 hours a day)

For support with children's mental health, you can call the Mental Health Support Team – 0800 234 6342 www.lpft.nhs.uk/young-people/mental-health-support-teams

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

in UK and Europe,
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original - and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safe on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/10729883f562332> | https://faq.whatsapp.com/36002896188246?helpref=help_faq | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.auro.com/learn/whatsapp-scams>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before jumping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening - but again, be very aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotions on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasize that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



National Online Safety

#WakeUpWednesday

www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk | www.nos.org.uk



@nationalonline



/NationalOnlineSafety



@nationalonline



@national_online_safety

What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, *Among Us* enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young *Among Us* players need to be aware of.



WHAT ARE THE RISKS?

SENSITIVE PREMISE

In *Among Us*, up to three players are secretly assigned to be alien impostors, tasked with murdering their colleagues while the survivors try to uncover them. While the concept's not far removed from traditional games like *Wink Murder* or TV shows such as *The Truthers*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of *Among Us*, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of *Among Us*' appeal is speculating with fellow players who the impostors might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While *Among Us* provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These understandably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.



Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although *Among Us* is hugely popular with young gamers, it's possible that some children might find the murder theme unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grisly elements some parents avoid. *Unsub* is one such game, for instance, and there's even a *Murder Mystery*-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about *Among Us*, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together, but one of its uses is to connect individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of *Among Us*, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of *Among Us* by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child picking up an unexpected bill on *Among Us* microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert

Legal Counselor is Editor in Chief of gaming and esports site *EsportsHub* and has worked in the gaming industry around four years. A regular feature on the App Store as a 17-year-old user, he's also a parent who understands the online online safety. Writing mainly about tech and games, his articles have been published in *Business Insider*, *IGN* and *TaskRabbit*.



National Online Safety

#WakeUpWednesday

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 2021 to 11.6% in 2023. 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 vape pens 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 these liquids contain nicotine. Not only is this a highly addictive substance, 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?

Vape pens in a liquid (vape juice/e-liquid) that is heated by a battery and converted, 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 refills 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 product's appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the extent 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 medical reports have suggested these metals are particularly harmful in heavily exposed vapers which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2000 – 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.

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.

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.

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.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the absence of these products being unregulated (and therefore containing lower amounts of nicotine and higher levels of flavin) is high. A related concern is that the manufacturers of unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape liquids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or a myofascic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some e-cigarette and e-cigarette 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 mean that consumers aren't aware of the liquid's content or can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (convened by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is an online-based project directed young people. Its goal is to create a positive, conversational approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-6689924>



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: 27.04.2023