

SELWOOD ACADEMY NEWSLETTER

Friday 11th March 2024 | Issue No. 11 2023/24



In this edition...

Page 1 - Reminders

Pages 2 & 3 - Courageous Advocacy & Local events

Pages 4 & 5 - Local events

Pages 6 & 7 - Plastic free campaign & Important info

Page 8 - Important info continued

DATES FOR THE DIARY

4th - 8th Mar - Revision week

5th Mar - Year 7 coffee morning

7th Mar - World book day

11th - 15th Mar - Science week

11th-15th - Mock SATs

15th Mar - Celebration Assemblies

15th Mar - Year 7&8 Bath Netball trip

A reminder to Parents/Carers to not park on the zigzag lines at the pedestrian crossing.

This can cause blockages, hold-up and is generally unsafe to Pupils and members of the public.

Appointments

If your child has an upcoming appointment that requires them to come in later or be picked up early, please be sure to inform the attendance team in advance on the following email address:

selwood.attendance@selwood-academy.co.uk

Forgotten Items

Please can parents and carers ensure that their child has all they need for the school day when they come to school each morning.

With Selwood being a large and busy site, we cannot guarantee that we will get forgotten items and messages to children throughout the day, especially when after 12.30pm.

Thank you for your support with this.

If you would like to know more about what your child is learning, please visit our [curriculum page](#).

Please also visit our [homework page](#) for helpful videos on how to access Bedrock, Sparx Maths and Google classroom!

COURAGEOUS ADVOCACY - PUPILS LETTING THEIR LIGHT SHINE



We're bursting with pride! Ellis H in year 5 has selflessly donated 11 inches of hair and raised an incredible £617!

A huge well done, Ellis!



Congratulations to our Selwood Swimmers for their incredible performance at the Lions Club sponsored swim!

We are so proud of all our swimmers who took part and helped raise money for Selwood Academy and Frome Youth and Community Care Centre.

Thank you to everyone who supported our swimmers and contributed to this fantastic cause. Together, we made a difference!

COMING UP IN **March**

at Frome Library



Energy Advice Drop-In Session
10am - 4pm



**Wed 6th &
Mon 18th Mar**

**Fri
8th Mar**



Now That's What I Call History

A relaxed and informal hour of chat about all things historical, 2 - 3pm



The Reading Realm

Sci-Fi and fantasy book group hosted by Frome Library, 11am - 12pm



**Wed
13th Mar**

**Thurs
14th Mar**



12 Months of Crafting

Learn a new craft every month, 11am - 12pm



Kindness Stories@4

Join us Mon-Fri at 4pm for stories@4: Kindness Festival Edition



**18th -
22nd Mar**

**Tues
19th Mar**



Seed Library

Join the Seed Library for a spot of gardening as part of the Kindness Festival, 12pm - 1.30pm



Hooked on Books

Book group hosted by Frome Library
11am - 12pm



**Wed
27th Mar**

**Toy Library
Stay and
Play**



Wednesdays,
1 - 3pm

**Knit and
Natter**

Social knitting
circle



Thursdays,
2-4pm

**Baby Boogie
(Under 1s):
Tuesdays 11am
Toddler Time
(1-3 years):
Tuesdays 10am,
Thursday 10am**



**Lego
Club**



11am - 12pm
Sat 30th March

**Pins and
Needles**

Social
sewing circle



Tues 5th
19th, 2-4pm





Free things to do !

- * Daemon & Doppleganger workshop. Come & create your very own clay masterpiece to take home. 1 - 4pm
- * chicks in Hats & Easter Loon Hunt
- * Crafts area
- * Table Football, board games, giant Jenga, old skool console games.
- * Pin the tail on the bunny!
- * Toys & small people play area
- * paid activities
- * Keyring & Badge making
- * Lunch from "The Toastie Team"

EASTER SUNDAY
MARCH 31ST
BOOK A FREE TICKET
TO GUARANTEE ENTRY

23 BATH ST, FROME. 12PM TIL 5PM

TICKETS
SKIDDLE.COM





Spring Concert

Songs of Journey

Sunday 24th March

Christ Church

Christ Church Street West, Frome BA11 1EH

at 3.00pm

FREE ADMISSION

Refreshments & Raffle

*f facebook.com/fromeyouthchoir
e youthchoirfrome@gmail.com*



Plastic Free. First Period

Help us raise £4500

£15 pays for a whole pack, which includes:



Could you help Green and Healthy Frome to raise £4,500 for their Plastic Free. Period campaign?

They're fundraising to buy a 'celebration pack' containing reusable, plastic-free period products for every young person who needs one in year 8 and 9. Packs cost £15, which is around half the usual cost, and contain three pairs of period pants, a reusable pad, a waterproof bag and an information booklet. Buying a pack for someone early in their journey establishes a plastic-free approach, combats period poverty, and opens up an important conversation, all at the same time. If you can, please make a donation at bit.ly/plasticfreeperiod2024.

Context

There have been several recent local incidents where young people have become unwell after intentionally vaping liquids that they believed contained THC (the psychoactive compound found in cannabis), but unknowingly contained a more **harmful synthetic drug** known as Spice.

We hope this guidance may help you feel informed when talking to a young person about the dangers of **Spice**.

What is Spice?

Spice is a popular name for **Synthetic Cannabinoids**: Class B drugs under the Misuse of Drugs Act.

These substances are not cannabis. They have been designed in a lab to mimic the desired effects of cannabis but are much stronger and produce more frequent negative side-effects that can require hospitalisation.

Spice can exacerbate mental health problems and anxiety. Regular use of Spice can lead to dependence (addiction) and withdrawal.

Vaping Products

Vaping products claiming to be cannabis / THC are controlled as Class B drugs under the Misuse of Drugs Act. Because they are illegal, there is no regulation, so it is impossible to know what they contain and what strengths they are. There is an increased risk of purchasing Spice.



These products can be brought online and through encrypted messaging apps (like Telegram). Vaping products are available in various forms, such as disposable vape devices or e-liquids that can be used with reusable vaping devices.

The best way to avoid any risk of harm is to **avoid using illicit vaping products**.

Please note: Consumer CBD (cannabidiol) products derived from cannabis are legal. These are sold for their potential to produce 'wellbeing' benefits, including reducing anxiety and relieving pain.

Overdose

Spice strength varies a lot, increasing the risk of overdose. In all drugs cases it is always advisable to treat the symptoms and not the drug, as people may not have taken the drug that they think they have. **If you suspect a Spice overdose, call an ambulance immediately.**

General Symptoms include:

- loss of consciousness
- breathing difficulties
- seizures
- high temperature (more than 38.5°C)
- severe chest pains
- vomiting

Spice overdoses have been known to cause Serotonin Syndrome, where symptoms can also include:

- twitching or jerking movements
- fully dilated pupils
- shivering

Top Tips for Speaking to Young People about Drugs

It is helpful to **be as factual as possible** so that the message is credible and **makes sense to the young person**. Presenting your concerns as coming from a place of wanting to care, and making sure the young person is well, provides the opportunity for good discussion. It is always **helpful to listen** to what the young person says, **so that they feel heard**. This can often reassure you.

It is important to remember that:

- Most young people do not vape.
- Young people in your care may not be interested in cannabis-based vape products.
- Most young people who have tried vaping have only used nicotine-based or flavoured nicotine-free vape products (it is illegal to sell nicotine vaping products to anyone under 18).
- Only a small number of young people who do vape use cannabis / THC products.

For further information and harm reduction support for parents, carers or young people contact SDAS for free and confidential advice including:

- Family Support for parents and carers of young people using drugs and/or alcohol.
- Hidden Harm, the impact on children affected by other people's drugs and/or alcohol use.
- Support for individuals using drugs and/or alcohol who want to make changes.

For additional information we'd recommend you visit: Talk to Frank www.talktofrank.com

0300 303 8788 (24/7 helpline)

SDAS@turning-point.co.uk

www.turning-point.co.uk/somerset



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Somerset Drug & Alcohol Service is commissioned by Somerset Council



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