

# Abbeyfield Weekly

Stay informed with updates from Abbeyfield School

#4 Fri 9<sup>th</sup> Feb

## Principals Message

Welcome to another edition of the Abbeyfield Weekly.

This week we have started to move forwards with the next stage of our Teaching and Learning developments - we are working together as a team of staff on our positive circulation during lesson phases. "Hunting" for misconceptions - in other words picking up quickly children who do not understand a particular piece of information and correcting this straight away. This has been great to see our learning walks.

We have had two parent meetings this half term. Thank you to everyone who has been involved with these and thank you for your support. I am forming a small working party very soon of parents, staff members and children to review our homework platforms together. It was also lovely to see such a successful turn out at the Y8 Parents Evening yesterday evening. Thank you to everyone who attended.

Please remind your child that they are not allowed to wear hoodies at school. Mobile phones must be switched off or on silent and placed in bags or a secure pocket in blazers. They need to be put away as students enter the school and are not to be walking around corridors on them – particularly at the end of the day. Thank you for your support with this.

Below you will find the remaining term dates as well as the term dates for the academic year 2024 – 2025. Please ensure any holidays are not booked during term time.

<https://www.abbeyfieldschool.org.uk/page/?title=Term+Dates&pid=66>

I hope everyone has their tickets for our school show next week. We are really looking forwards to watching this and celebrating the huge talent here at Abbeyfield.

Have a lovely weekend when it arrives.

## Safeguarding

### Mental Health:

The emotional wellbeing of our students is very important to us. For National Mental Health Week, we have been having more open conversations with students about mental health. Our school counsellors created a lunch time pop-up and were very busy having conversations about positive mental health and support available.

We are also pleased to share that we will be starting our new Bereavement Support Group next week and welcome students from all year groups to attend. Please see attached flyer.

If you would like your child to be referred to a school counsellor, please speak directly to their Form Tutor or Head of Year.

Some other local mental health services are:

<https://thelowdown.info/>

<https://www.servicesix.co.uk/>

<https://www.nhft.nhs.uk/camhs/>

## Vapes:

We have been alerted by the Local Authority to the attached information concerning illegal Vapes. Whilst we have no knowledge of these Vapes being available in the Northampton area, we felt it was vital that we share this warning with you.



February 2024

## Drug alert: Vapes containing synthetic cannabinoids (SCRA- Spice)

Vape pens containing a synthetic cannabinoid often known as Spice have led to people being taken to hospital in London recently.

In one incident, five people became seriously ill after vaping from a "Vapresso" branded pen containing blue liquid in a silver and black cartridge. In a separate incident, people became ill after using a vape labelled "Lemonade Vape Cookies" (which may have been sold as THC).

Both vapes contained Spice, which can cause serious side effects like breathing problems, heart attacks and seizures. Other symptoms include feeling dizzy, vomiting, heart racing, sweating, anxiety and paranoid.

If you're buying either illegal vapes or ones you think have Cannabis/ THC in them, follow our steps below to stay safe.

### Staying safe and helping others

If possible, avoid using the vapes we have identified above – the only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- Go low and slow - Be extra cautious about where you get your vapes from, and about the drugs you are taking. Start with a little bit, wait an hour and see how you feel.
- Do not use alone; make sure that someone you trust is with you and knows what you're doing in case you need help.
- If doing it with others, it's best if only one person vapes first instead of you all doing it at once.
- Don't mix drugs: Using more than one drug increases your risks of overdose, including mixing with alcohol.
- Look after your friends: look out for anyone who seems dizzy or confused, is sweating, trembling, vomiting or is very anxious, aggressive, or paranoid. If one of your mates is struggling to breathe or passes out, call 999.
- Be prepared to call immediately for an ambulance if someone overdoses or become ill.
- Test your drugs using the testing service available at [www.wedinos.org](http://www.wedinos.org)

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*Have you  
experienced grief, loss  
or bereavement?*

We are setting up a student  
support group and want  
your input

Please come to  
SS3  
on  
Break B -  
Wednesday 14th Feb 2024  
for more info



A reminder to please stick to the **5mph** limit in the school park at ALL TIMES please to avoid any accidents happening. There have been some close incidents which is the last thing anyone wants to happen.

## Social Media



Abbeyfield School



abbeyfield\_school\_npton

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**Abbeyfield School**

proudly present

**EVERYBODY'S TALKING ABOUT**

# JAMIE

Book & Lyrics by **TOM MACRAE**

Music by **DAN GILLESPIE SELLS**

From an idea by **JONATHAN BUTTERELL**



For tickets scan the QR code



**Wednesday 14 Feb 2024 - 7pm**

**Thursday 15 Feb 2024 - 7pm**

**Friday 16 Feb 2024 - 7pm**

**Saturday 17 Feb 2024 - 2pm**

This amateur production of **EVERYBODY'S TALKING ABOUT JAMIE: TEEN EDITION**  
is presented by arrangement with Concord Theatricals Ltd.

[www.concordtheatricals.co.uk](http://www.concordtheatricals.co.uk)