

Newsletter – 12th January 2024

Happy New Year & Welcome Back!

We have started this year with thinking about our dreams and aspirations and what it takes to make dreams a reality. In assemblies this week we have been focusing on the importance of going the extra mile and putting in extra effort. We have discussed the concept of taking personal responsibility and the importance of developing independence.

Independence is a valuable skill that extends far beyond the classroom. When students can learn independently, they develop a sense of responsibility, critical thinking, and problem-solving skills. Independence fosters self-reliance and the ability to manage time effectively. Independence also encourages creativity and allows you to explore your own interests, leading to a deeper understanding of the subject matter. Ultimately, it prepares students for real-world challenges where self-direction is often a key to success.

To help encourage independence we have launched Independent study resources in our google classrooms. We are encouraging all students to try a little extra independent study each day to help consolidate their learning and deepen their interest and passions.

We recommend that students in **Key Stage 3 complete 15 minutes of independent study per day** and 10 minutes of reading their 15 x 15 book. **Students in Key Stage 4 complete 30 minutes in Year 10 building to 45 minutes in Year 11.**

Key Stage 3 Suggested Independent Study Guide

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Maths	English	Science	Geography	History

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	MFL	Technology	Music/ Drama	Character and Culture	PE/ Art



We are part of...

WENSUM TRUST

Key Stage 4 Suggested Guide Independent Study Guide

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Maths	English Language	Science	Option 1	Option 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Maths	English Literature	Science	Option 3	Option 4

Students do not have to follow the above guide, KS3 students may wish to focus on subjects they enjoy the most. Sanctions will not be issued but students will be rewarded through pride points which will be double weighted for completion of independent study.



Equipment checks- Week commencing 15th January

One key aspect of personal responsibility is coming to school prepared with the necessary tools for learning. We have observed that some students may not consistently be bringing essential items which include the below;

- Black or blue pen
- Pencil
- Ruler
- Green pen

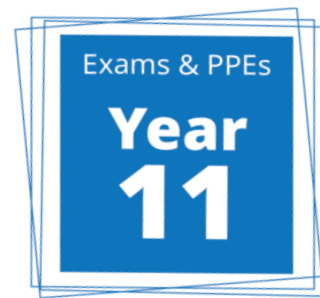
In addition, we have noticed that a number of children are regularly forgetting PE kit and ingredients for cooking. To address this, we are implementing a focused effort in the coming weeks to conduct equipment checks across all year groups. Our PRIDE framework, a cornerstone of our educational philosophy, places a strong emphasis on Personal Responsibility. We believe that by cultivating this trait, our students will not only excel academically but also develop essential life skills that will serve them well beyond the classroom.

Our form tutors and Heads of Year will be actively involved in conducting equipment checks next week. If your child is found to not have any of the above equipment, we will be issuing a behaviour point. If you need any assistance in ensuring your child has all the correct equipment they need, please speak to your child's Head of Year or Mrs Skarin who will be able to help.

Year 11 PPE (Mocks) Results Day

Year 11 gathered with anticipation for their mock exam results on Tuesday, a momentous occasion filled with both nerves and excitement. As the envelopes were handed out, the room buzzed with a mix of emotions. Congratulations echoed for those who had poured their hearts into independent revision, evident in their commendable results. The atmosphere also offered a chance for reflection, a pivotal moment to reconsider strategies leading into the second set of mocks.

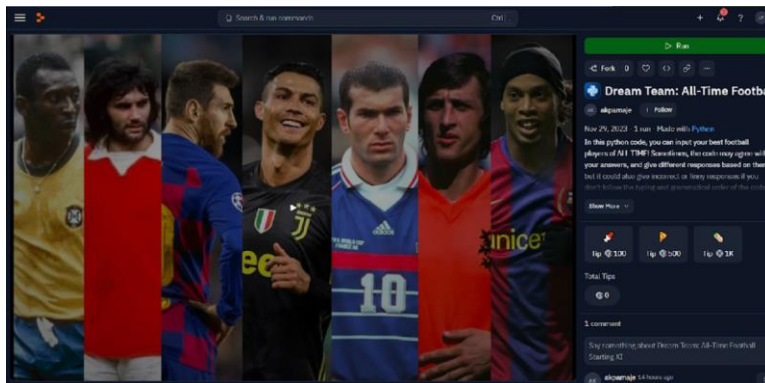
For those who may have faced disappointment, it's not a dead-end but rather an opportunity to assess the quantity and quality of their revision. The journey is still unfolding, and with thoughtful consideration, the path to improvement lies ahead for all.





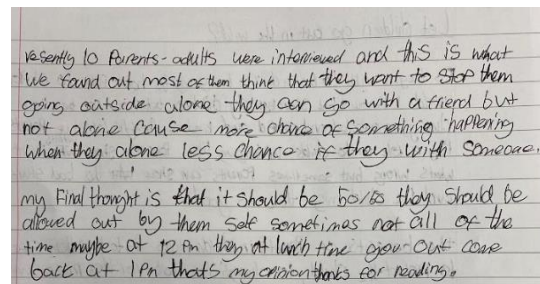
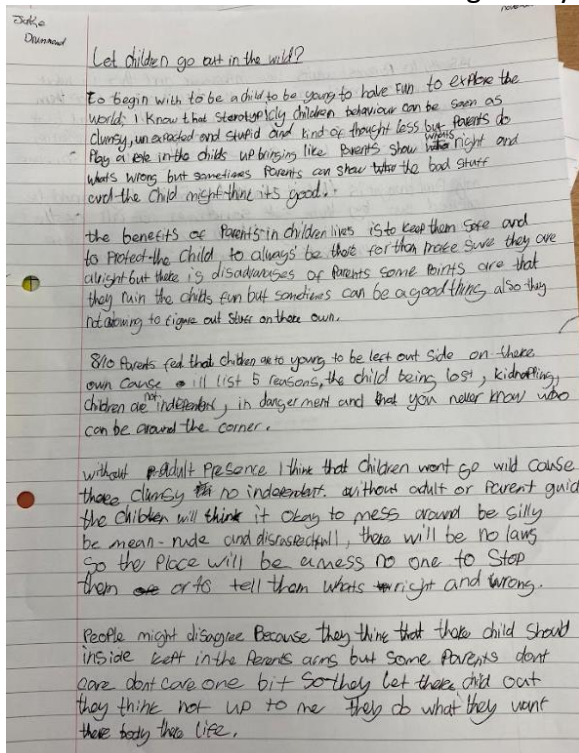
Jessie Akpama

Jesse used Python to code this brilliant Dream Team game.



Jake Drummond

Jake has transformed his attitude in English. On this assessment, he was hardworking, responsive and caring in his work. This work is so much better than what he was producing at the start of term - almost unrecognisably so.



ADOLESCENT DEVELOPMENT SERVICES

SORTED

Substance Use and Misuse Team

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

◦ 01895 250 721

- ARCH Hillingdon

◦ 01895 207 777

◦ arch.hillingdon@nhs.net

National

- Childline - 0800 1111

• Frank - talktofrank.com

◦ 0300 123 6600

◦ 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)



Please follow the link below to information about the 5-19 year old Healthy Child Programme, which has a section about attendance and useful resources

<https://www.iustonenorfolk.nhs.uk/attendance>



Key Stage 3- Year 9 Art Dragon eye clay tiles

This week year 9 has started working with clay to create dragon eye tiles. Each pupil has been given a dragon eye, which they will then set into clay and create a detailed inspired artwork from their own original drawings!

We can't wait to see the final results.





Annual General Meeting

Acle Academy Parent Teacher Association (AAPTA)

Notice of the Annual General Meeting. This is a public meeting that everyone is welcome to attend. Come along to find out more about the work of AAPTA

**TUESDAY 30TH
JANUARY 2024**

7PM @ ACLE ACADEMY





Sweets and Energy Drinks

We would like to gently remind families that we do not expect students to be coming into school with large quantities of sweets. We have noticed that some of our younger students seem to be filling up on sweets in the morning and then find it difficult to concentrate. If staff see students with large quantities of sweets, these will be confiscated. Likewise, students must not bring energy drinks or fizzy drinks to school- these are prohibited items. Thank you for your support.

Parking Plea

We have received a number of complaints from residents in the area regarding parents blocking driveways or even parking in driveways to either drop off or collect children from school. Please can we remind all parents and carers to be considerate of our neighbours. We would urge parents and carers to use the large car park situated behind the Methodist church in Acle which is only a short walk from school.



We are recruiting!

We currently have the following vacancies in our team:

- Receptionist (maternity cover)
- Mid-day supervisor

If you would like to find out more details about any of these posts, please see our website or contact the school for an informal chat.

[Find Current Vacancies here](#)





Help with living costs

You may be struggling with living costs for a range of reasons. This leaflet tells you what support is available and how to get advice. You can also find this information on our website www.norfolk.gov.uk/costofliving. If you don't have access to the internet at home, you can go online at any of our Norfolk libraries.

There is also a cost of living hub provided by the government which contains useful information. This can be found at www.gov.uk/cost-of-living.

Winter 2023/24



['Help with living costs' link to more information](#)



Our online preloved uniform shop includes school uniform and sportswear and is accessed via our SumUp Shop by following this link:

<http://acle-academy-parent-teacher-association.sumupstore.com>

Items can be paid for online with suggested donations per item. The item can then be collected at a prearranged time with the PTA. If you have any uniform donations please drop these off to the school office.

If you would like to join the PTA please contact them by email

pta@acle.norfolk.sch.uk



Please remember to check ClassCharts

ClassCharts is our main form of communication to keep up to date with daily progress, updates and messages. ClassCharts is used to communicate pride points, behaviour points and interventions. We also use this platform for parent announcements. As part of the home school agreement we ask parents to check this regularly, at least on a weekly basis. If your child has lost their log in, please ask their form tutor or the school office who will be able to provide child and parent login details. Parents and students can view a child's timetable via ClassCharts.

Scan the QR code to visit our website and follow us on Facebook and Instagram



Follow us!

Useful Resources/Activities & links can be found [Here](#)

Rewards & Achievements News can be found [Here](#)

More Acl Academy News can be found [Here](#)

Contact details



The majority of our communication is electronic so it is really important that we maintain accurate records of parental contacts. If you change your email address or phone number, please inform the school office so we can ensure you receive important information.

Dates for your diary

Thursday 25th January - Year 9 Parents' Evening 4.30-7.30pm

Thursday 1st February – Year 11 Revision Evening 6-7.30pm

Monday 12th February English Engagement Evening 6-7.15pm

Thursday 15th February - Year 9 Options Evening 6-8pm

Friday 16th February –School closes for half term break @ 3.30pm

Monday 26th February – School reopens after the half term break (Week 2 timetable)

Thursday 7th March – Year 8 Engagement Evening 6pm-7.30pm



Our Rural Hub Term Dates can be found [Here](#)

Our School Calendar can be found [Here](#)