



NOTTINGHAM UNIVERSITY
SAMWORTH ACADEMY

WC: 24/04/23

Dear Parents/Carer's,

At NUSA this week:

This week, in our assemblies, we have focused on the need to be a true version of ourselves and not negotiate on this because we think that people will like us more if we behave differently. This is linked to our celebration of Individuality Day next week and our desire for our students to act as individuals rather than following a crowd. We completely understand that this can be easier said than done as a teenager and therefore, we will continue to work on our core value of 'Purpose' over the next few months.

On Wednesday we welcomed candidates to the school for Deputy Headteacher interviews. The candidates were so impressed with all of the students that they met. Their comments made us really proud.

This week Year 11 have sat their real Art and Drama exams. They have all worked really hard to do the very best they can and we cannot wait to see their results.


Year 11 are now on the final countdown. Please ensure your child is attending intervention where necessary, completing revision at home and generally being cheered on by everyone at home. We know they will all be successful. A reminder please that in these last few weeks for Year 11 the best place for them to be is in school. Absences should be at a bare minimum.


SEND at NUSA:

If you have any concerns relating to your child's behaviour, or their emotional or mental health needs there is help and support available via the Nottingham City Ask Lion website.

Using the link below, parent's and carer's can make self-referrals to the Behaviour and Emotional Health Team, BEMHs.


<https://www.asklion.co.uk/kb5/nottingham/directory/site.page?id=qGdiFDC8Nas>

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FINDING YOU ACTIVITIES AND SUPPORT IN NOTTINGHAM


What do you want to Ask Lion? in

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Home / Behavioural and Emotional Mental Health


Behavioural and Emotional Mental Health


Services across Nottingham are working together to support children and young people with behavioural, emotional or mental health needs. **Click one of the buttons below** to find out more about the services available, what they offer and how to get in touch.

Public Information 

A wide range of services is available to support children and young people with behavioural, emotional or mental health needs.


[Click Here for more Information](#)




Information for Professionals 

All Nottingham City health and care professionals including teachers and education staff can refer families for support.

[Click Here for more Information](#)




Who to contact 

Telephone

- Single Point of Access 0115 8764000
- Behavioural and Emotional Health team 0115 8761716

To make a self-referral to CAMHS or the Behavioural and Emotional Health Team [Click Here](#)

Actions

 Print

If you wish to speak to someone about a child or young person's behavioural or emotional need, please contact the Behavioural and Emotional Health Team on 0115 8761716.

This support is provided as part of the Nottingham City pathway for children and young people with behavioural, emotional or mental health needs. The pathway is for children and young people who:

Present with concerns about their behaviour, emotional wellbeing or mental health

Present with concerns about possible ASD or ADHD

Are registered with an NHS Nottingham City GP

Are aged 0 to 18 (the pathway extends up to the age of 24 where the young person has an Education, Health and Care Plan - EHCP).

If you need any help and support accessing the services we offer a SEND drop in service detailed in the dates below.

Strike action:

Thank you for your support with the Strike day on Thursday.

The next strike day is Tuesday 2nd May 2023. On this day, only Y11, Y12 and Y13 will be in school.

Y7, Y8, Y9 and Y10 will remain at home.

We have not had notice of any further strike action but I will let you know as and when we do.

I thank you for your support during this tricky time.

Coming up at NUSA:

SEND drop ins – Please contact reception to make an appointment for 24th May or 28th June if you need to discuss your child's SEND needs.

Bank Holiday – Monday 1st May – school closed to all students and staff

Industrial action – Tuesday 2nd May – school will be closed to Y7, Y8, Y9 and Y10.

Year 7 progress evening - ****NEW DATE**** Thursday 4th May

Individuality day - ****NEW DATE**** Thursday 4th May

Kings Coronation – Monday 8th May – school closed to all students and staff
Break up for half term – Friday 26th May
Return to school – Monday 5th June
Year 11's last day is on Thursday 22nd June
Year 11 Prom is on Friday 30th June
Year 10 Work experience – week commencing Monday 3rd July
Sports day – week commencing Monday 3rd July – date to be confirmed

Safeguarding Corner:

This week's safeguarding corner is from Change Grow Live.

Who are we?

Change Grow Live are a national charity and support children, young people and adults throughout the country around issues relating to substance use and the impact of substance use on others.

CGL Jigsaw is the named young person service for Nottingham City and we work across all educational provisions offering support and advice to pupils and staff. To find out more please visit: <https://www.changegrowlive.org/jigsaw-young-person-family-service-nottingham/info>

Why am I getting this leaflet?

The Nottingham City Council have asked us to put together this information leaflet for parents relating to concerns around edible cannabis. This leaflet hasn't been made to alarm, but is to provide you with factual information to help you educate and support your child further. If anything you read in this leaflet raises questions for you, please contact us via our email jigsaw@cgl.org.uk and we will get straight back to you.

"CGL have really supported me and my family".



**Nottingham
City Council**



JIGSAW

Nottingham



**Change
Grow
Live**

2 Russell Place
Nottingham

0115 948 4314

jigsaw@cgl.org.uk



What are edible cannabinoids?

Edible cannabinoids or 'Edibles' are food (or drink) products that typically contain chemicals found in the cannabis plant. Edibles come in lots of different forms including packaged sweets or other confectionery products. These may look very similar to genuine products, often appearing in similar packaging, using branded names, and therefore likely to appeal to children. These products are often marketed as being 'medicated'. It can be very difficult to know exactly what edibles contain or how strong they are- two products that look identical may produce very different effects.

Why do young people use edibles?

People take edibles to experience feelings of euphoria, relaxation and for a sedative effect, often known as a 'high'. Some users have also reported heightened auditory and sensory perceptions.

I'm concerned my child is using edibles.

If you're concerned your child is using edibles then please don't hesitate to get in touch, we have qualified friendly staff who can advise and support you. ijesaw@cgl.org.uk

Unpleasant Side-effects

Using edible cannabinoids can create unpleasant side effects for the user, these may include:

- Poor coordination
- Dry mouth
- Fainting
- Nausea
- Panic attacks
- Increased appetite
- Hallucinations
- Memory loss
- Paranoia
- Uncontrolled vomiting
- Elevated heart rate and blood pressure
- Induce a psychotic episode
- Impact on mental health
- Problematic use / Dependency

Have a lovely, safe weekend,
Emma Howard