



Tudor Grange Samworth Academy

TUDOR TIMES



2022-23 Term: Spring | Issue 4 | Date: February 2023

A Message from our Principal



*Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever.
Amen.*

Dear Parents/Carers

I would like to thank parents and carers for supporting the Year 9 and Year 10 Parents evenings this half term and Year 9 Options evening which was a great success this week. It was wonderful to see so many parents engage in meaningful and positive discussions about their child's learning.

This newsletter highlights some of the wonderful work our pupils have been doing and exciting activities they have been embracing.

I want to remind parents of our uniform and appearance standards before the break. Pupils must always attend in full school uniform, and we will be paying particular attention to school ties when we return. Please note: No extreme hairstyles and we do not accept any kind of piercing or retainers. I know that you will, as always, support us in maintaining the smart appearance of your children and high standards of discipline, so that our focus in school can be on educational achievement.

Ties can be purchased at www.schoolwearsolutions.com and cost £5.50. It is possible for parents to purchase a tie from the school through ParentPay.

Vaping

I know that many parents will be aware of the dangers around vaping. We have shared an important article in this newsletter which highlights these risks and I hope you take the time to read.

What's happening next term?

- Thursday 2nd March – Year 8 Parents Evening
- Thursday 23rd March – Year 7 Parents Evening
- Friday 24th March – Year 9 Options Meetings Close
- Friday 31st March – End of Term

I hope that all students and their families can enjoy a relaxing half term before their return on Monday 27th February.

Yours sincerely,

Mr A Bannon

Principal

A Message from our Head of School Primary



Dear Parents/Carers

Primary dates for events next term

- Monday 27th February to Friday 24th March – 20 Day Attendance Challenge
- Thursday 2nd March – World Book Day
- Monday 13th March – British Science Week
- Friday 17th March – Reception Mother's Day Assembly
- Monday 20th March – Year 6 Mocks
- Tuesday 21st March – World Poetry Day
- Monday 27th March – Easter Activity Week
- Wednesday 29th March – Holy Trinity Assembly
- Friday 31st March – End of Term

We will be working with some families next term to improve attendance and uniform expectations. Thank you to all who have supported with this. We are looking forward to our events next term and wish all our families a restful half term.

Yours sincerely,

Mrs A Collins

Head of School – Primary

World Book Day 2022 – Thursday 2nd March

WORLD
**BOOK
DAY**
2 MARCH 2023

We are very excited to be able to celebrate World Book Day this year in school and to share all the exciting plans we have!

Book tokens

Every child will be given their book token which they can exchange for a range of special free books. These books are available in all supermarkets and book sellers including WHSmith and Waterstones. The selection of books available can be seen on the World Book Day website. Your child can also use the £1 voucher for money off a book of their choice if they would rather use it that way. We will also be hosting a scholastic book fair during the week beginning 20th March and the children can use the vouchers to exchange for books there too!



Competitions!

Early Years and Key Stage 1

Following the success last year of the wooden spoon competition we will be running it again in EYFS and Key Stage 1. The children can decorate a spoon to look like a book character. The best one in each year group will receive a prize!



Key Stage 2

We would like Key Stage 2 to redesign the book cover of their favourite book. Posters for this will be going out on Monday 27th February. The best one in each year group will receive a prize!

Everyone!

Also, all of the children will be given a 7-day reading challenge with a different activity each day. Every child that completes this will be awarded 50 dojo points!

Book swap

Do you have any books at home that are still good quality, but your child no longer reads? We are offering the opportunity for children to bring in their old books and swap them. Please bring books into school from Monday 27th February and the book swap will take place on Thursday 2nd March.

Dressing up on Thursday 2nd March

On World Book Day itself we will be inviting the children to come to school as their favourite character from a book or wearing their pyjamas to show how much they love their bedtime stories. There will be 1st 2nd and 3rd prizes available in each phase for the best costumes. On this note, please can we encourage children to dress as a book character rather than in princess or superhero costumes. There are lots of ideas for costumes and characters on the World Book Day website – many of which can be put together from clothing or items which you probably already have at home.



Take a look...

There will also be lots of activities happening throughout the week in school and we look forward to sharing these with you on Class Dojo, our Facebook page and also the school website.

Please also find the link below to the World Book Day website which includes lots of ideas for costumes, activities and also some videos of stories for you to enjoy with your child.

<https://www.worldbookday.com/>

If you have any further questions feel free to contact me.

Mrs Milton

Primary SEND Lead & Key Stage 2 English Lead



Pre-School



The children have settled into the New Year amazingly! In the first week we focused on Winter, we spoke about how the trees have no leaves. What clothes we need to wear outside when it's cold and what exciting things we can do in the cold weather. We then moved onto Owl Babies which we studied for two weeks. This story is about the mother owl leaving the tree while the babies talk about what to do. The mother owl comes back and reassures the owl babies that she will come back. We then moved onto our main focus for the term which is Space. The children have been learning about our planet, what we need to use to go into space and what we can see in space.



Nursery



The Nursery class has had a great start to the New Year; we have had several new children join our class and all the children have settled really well. Our topic for the half term is Space and we have enjoyed some great stories such as, 'Whatever Next', 'There's an Alien in Your Book' and 'Goodnight Spaceman'. The children have been exploring this topic through some exciting activities including a small world moon scape, creating paper plate aliens, painting rockets and paper mache planets. We have had some great PE sessions pretending to be rockets and trying to get the alien back into space. In maths we have been looking at the concept of weight. We have compared lots of different objects to see if they are heavier or lighter. We used some balance scales and also became human scales.

Reception



We have had a fantastic start to the Spring term with a new topic all about Space. We have learnt about our solar system and investigated how craters are made on the moon. We have written about astronauts after reading our book, 'Goodnight Spaceman', and pretended to fly off into space in our home corner spaceship. It was a very cold start to the year so we explored freezing and melting when we learnt about the signs of winter. You can have a look at our kites that we made to fly in the windy weather too. In maths, we have been learning about capacity and our understanding of 'full' and 'empty'. We also celebrated Lunar New Year by making masks and learning a dragon dance which was lots of fun!



Year 1



Year 1 have been learning all about materials in Science. This week we had lots of fun investigating which material would make a suitable waterproof roof for Teddy's house. We looked at different materials, made a prediction and conducted a fair test...the cling film seemed to be a clear winner! Teddy can now continue with building his house knowing he will stay dry with all this rain!





In Year 2, we have had an incredible half term learning about The Great Fire of London. Not only can the children all recite many facts about the event, they also delved into the unit further by building their own houses to replicate those from London in 1666. We then all took an adventure down to the Forest School where the children had a unique experience of watching the houses burn where they got to see first hand how the fire spread so easily.



Year 2 (continued)



We have been learning about the Continents and Oceans! We dived further into our continents and focused on Africa. Our English text is 'Boundless Grace' where a young girl travels to The Gambia to meet her father. The children explored life in the small village in The Gambia that Grace visits by attempting some of the tasks that Grace experiences, designing African dresses and creating passports.



Year 3



In Science, we have begun investigating light. We started by comparing different materials to see which let all, some and no light through. Once we had decided, we then introduced the terms opaque, translucent and transparent. We made these light strips to demonstrate what we now know. In PSHE, we have started our new unit 'Goals and Dreams' by thinking about our New Year's resolutions and what we wanted to work on during the upcoming year.



Year 4



Year 4 have been learning about volcanoes and hurricanes. We have been learning about eruptions and pyroclastic flow using Pompeii as a focus. We had great fun using the chemical reactions of vinegar and bicarbonate soda to simulate eruptions and flow.



Number day was a great success on Friday 3rd February. The children looked fantastic in their outfits and they enjoyed a variety of maths activities. Primary as a whole raised over £300 for the school's maths development (we will be holding workshops for the children). Thank you to everyone for their huge support!

Inter-College Table Tennis



Year 7/8 Tournament

The Year 7/8 table tennis tournament was held on Thursday 2nd February. It was a great competition, and the standard was excellent. It was an all-Cambridge final as Farzad Jalai (Y8) played against LLOYD Clarke (Y7) and Farzad narrowly won 11-9. In the third and fourth play-off, Ibrahim Patel (Durham) beat Darsim (Oxford). All of the students that played gained points for their college teams and the overall Year 7/8 results were as follows:

1 st	Cambridge
2 nd	Durham
3 rd	Oxford
4 th	Warwick



Year 9/10/11 Tournament

The Year 9/10/11 tournament was played on Tuesday 7th February and the overall winner was Riley Ferrar (Cambridge), 2nd was Romain Mvubu (Cambridge), 3rd was Sabir Ismael-Ali and 4th was Kalun Hawksley. The team results were:

1 st	Cambridge
2 nd	Durham
3 rd	Warwick
4 th	Oxford

Overall Results

Therefore, the overall results for both combined competitions were:

1 st	Cambridge
2 nd	Durham
3 rd	Warwick
4 th	Oxford

- Mr Oldershaw

The Student Leadership Team Update



The student leadership team continue to meet regularly on Thursday mornings. This half term they have teamed up with the School Nurse to promote the "Chat Health" text service open for all our students who would like advice from a school nurse. Members of the leadership team will be promoting this in school and during whole school events.



The leadership team are also delivering assemblies on LGBT History month. If you would like more information on this, the charity Stonewall offers information and support: www.stonewall.org.uk

Year 9 Othello Workshop



A group of Year 9 students went to Stratford Upon Avon this week to complete an Othello workshop with the Royal Shakespeare Company. They had the opportunity to work with an actor from the company, Yasmin, who helped them practice and perform key scenes from the play Othello, which they are studying in English at the moment. They did this in groups and independently. They also had an opportunity to unpick the language from the play and learnt how directors train the actors to include action (body movement) alongside their voice. They tried many different interpretations. We had a fantastic day and the students loved it. Some of the feedback from students can be seen below:

Sanchez: *"I enjoyed the entire trip. But my favourite part has to be the workshop with Yasmin, an actor from the RSC."*

Charlotte: *"It has improved my confidence."*

Kartar: *"It brought us together as a group and I had an amazing time, our host Yasmin was extremely fun and inclusive, I particularly loved the games she created."*

- Miss Gillespie



The prize cabinet is now up and running in the secondary phase. The week leading up to half term, pupils with 20 merits or more will be able to collect their prize! Congratulations to Lillie Chamberlain in year 8 who currently has the most merits across the secondary phase!

- Mrs Connor



KS3 and KS4 Girls' Badminton

Our KS3 and KS4 girls' badminton teams participated in a tournament this term where they played against all of the schools in West Leicester.

The KS3 girls' badminton team came 2nd in West Leicester! Well done to: Lucy Key, Maxine Borpim, Peace Omorogbe-Omorogieva and Lalaine Gonsalves.

The KS4 girls' badminton team came 3rd in West Leicester! Well done to: Kylah Galloway, Yamasa Mass, Mandela Koueni and Taquil Tulomba Kawusu.

- Miss Hancox



DofE (The Duke of Edinburgh's Award)



These photos show our DofE students first attempts at pitching tents, in really cold and windy weather. The teams all worked hard together despite almost losing their fly-sheets ! This was their first introduction to camp craft before the expedition season begins in the spring.

Conversations soon started about what food and drinks they could have on their expedition, so this week we learned to use our Jetboil (only the best for our students) cooking system. Health & Safety done and out of the way, we went on to making hot chocolate to be enjoyed with a few cookies. Following more conversations about food (I am seeing a pattern here) the students were excited to hear they will be making omelettes on the next session.

We wait in anticipation of the better warm weather so that we can start putting our skills into practice out in the hills!

- Mr Bell



This half term has been very successful for the geography students at TGSA. Year 7 have been studying the variety of opportunities and challenges within the continent of Africa.

Year 8 have been studying our 'Challenging Cities' unit and have just completed a checkpoint where they can decide whether a sustainable urban development should be built on Saffron Lane - there are definitely some interesting views!

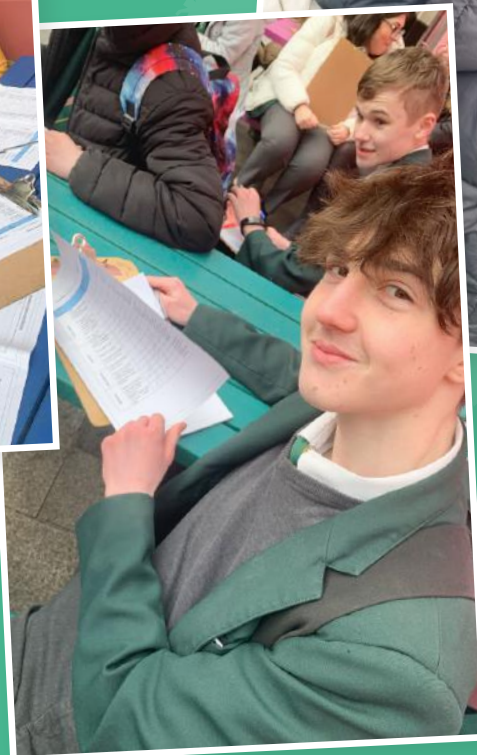
Year 9 are coming to the end of their 'Around The World' topic looking at the geography of countries within Asia, including Russia and China! They have really enjoyed the learning in this unit, particularly China's One Child Policy!

Year 10 are working through their GCSE course and are making good progress! We are now on our final unit for their Paper 1 exam and will be completing a mock exam at the end of March, so make sure you're revising for this!

Finally, our Year 11 geographers went out to Leicester City Centre this week to assess the impact of COVID-19 and recent regeneration on Leicester's CBD (central business district). They found this a positive experience and really enjoyed seeing parts of the city that they had never seen before! In this section you will see some of the photos taken whilst the students were collecting some primary data.

Well done to all, and enjoy the break!

- Mr Miller & Mr Daybell



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 Child's 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)

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)

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.



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). To learn more about county lines and CCE, see The Children's Society website [What Is County Lines? | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk).



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 Children's 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](https://www.nhs.uk) - search CYPMHS