



Laurence Jackson School's Parental Bulletin

30th November 2023

Messages from the Headteacher

Please be reminded that we are closed tomorrow, Friday 1st December. Students return at the normal time on Monday 4th December.

Parent Survey—you will receive a link to a parent voice survey via Class Charts later today. We would be grateful if you could complete this by 9am on Friday 8th December. Thank you in advance.

Year 11 Academic Review Evening—Thank you to everybody who supported this event last week. We would appreciate your opinions about the evening as we look to continue to improve these. Please use the link [here](#) to add suggestions by Friday 8th December—thank you.

We are hosting our **SEND Review Evening** face to face in school on Monday 11th December 3pm - 5.20pm. Parents/carers of students with SEND have been contacted with appointment information.

Throughout November and December, NHS North East & North Cumbria Integrated Care Board (NENC ICB) are looking for the views of families across the Tees Valley on the Family Support Service provided by Daisy Chain. The Family Support service is for children, young people and families who display traits associated with neurodevelopment diversity: Autism (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and Foetal Alcohol Spectrum Disorder (FASD). The information and answers you provide can help support the shaping of services in the future. You can access the survey by clicking on the link below. Thank you for your time in completing the survey. <https://necs.onlinesurveys.ac.uk/review-of-the-family-support-service-provided-by-daisy-cha-3>
Please note: this is an ICB survey, and isn't affiliated with Daisy Chain's team. All responses go straight back to ICB.

Please find the website below for Carers Together - a carer-led registered charity supporting carers across South Tees. They can help parent carers navigate around EHCPs and specialist support services whilst helping them to improve their emotional resilience and overall emotional wellbeing. Carers Together can offer carers a range of in-house services including Counselling, a financial wellbeing service, groups and activities and so much more.

www.carerstogether.co.uk

Club Cancelled next week—Pokémon Club is cancelled after school on Tuesday 5th December.

Christmas Jumper Day—Wednesday 20th December—students and staff have the option of wearing a festive item of clothing IN ADDITION to their school uniform. The usual standards around behaviour, jewellery and make up will still be expected. We are using this event to help raise money for Save the Children. If you would be willing to make a contribution please visit follow this link [Laurence Jackson - Christmas Jumper Day is raising money for Save The Children!](#)



Celebrating Student Success

Preparing for adulthood is about taking steps to ensure students receive the right level of support to enable them to live a full and active life. One of the main themes is employment and independent living. Year 8 students Lewis, Georgie, Archie, Olivia, Baden, Ryan, Finley, Poppi, Charlie and Emily have completed an Independent Travel programme. The aim of travel training is to improve confidence and help develop skills needed to travel independently, which will help for college and for work in the future. We have held sessions within school on staying safe, green cross code and also hazards. Well done!



Huge congratulations to our Year 7 and 8 sports hall athletics teams who represented our school at the Redcar and Cleveland competition on Wednesday. Not only did they show fantastic commitment, effort and behaviour they achieved superb results too.



Year 7 Girls - First
Year 7 Boys - First
Year 8 Girls - First
Year 8 Boys - Second

Well done and thank you to all students who took part, Mrs Beak and Mr Sunley we're hugely impressed with them all.

Safeguarding Spotlight

Creating a smoke free generation. This is the Department of Health and Social Care vision and as a school we fully support this for the future and health of our young people. With the national rise in concern around youth vaping and the current unknown effects on young people's development and health it is important that information is gathered. There is currently a live public consultation which can be completed any time before 6th December. Full information can be found here [Creating a smokefree generation and tackling youth vaping: your views - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/creating-a-smoke-free-generation-and-tackling-youth-vaping-your-views). As a school we have seen an increase in students vaping, even students who have never smoked, perceive vaping as safe and are tempted by the vast types and flavours available, and without knowing then become addicted to nicotine. It is essential that students are made aware of the risks of vaping and the addictive nature of the habit. Vaping is not safe. This is a message we continually give to students and vaping is now included in the curriculum. It is important that the public have their say on the future of these products and therefore would appreciate all parents completing the consultation by following the link below.

[Creating a smokefree generation and tackling youth vaping: your views - Department of Health and Social Care \(dhsc.gov.uk\)](https://www.gov.uk/government/consultations/creating-a-smoke-free-generation-and-tackling-youth-vaping-your-views)

Please see the final two pages of the bulletin outlining the dangers of vaping and 'spice' sent from public health South Tees. The websites linked to the document are:

[Warning issued to parents over illicit vapes potentially filled with drugs | Middlesbrough Council](#)
[Talking with children and young people about solvents | Re-Solv](#)





Save the Children

CHRISTMAS JUMPER DAY

IS COMING, PEOPLE!

AND IT'S GOING TO BE EPIC!

Where: Laurence Jackson School

When: Wednesday 20th December

Other details: You have the option to wear something festive **IN ADDITION** to your full uniform

Photo: Alamy.com / Save the Children

Registered with **FUNDRAISING REGULATOR**

Save the Children Fund is a charity registered in England & Wales (213890), Scotland (SC039570) and Isle of Man (199).





Redcar & Cleveland Council
Redcar & Cleveland House
Kirkleatham Street
Redcar
TS10 1RT

Dear Parent

We are concerned about the number of young people who are collapsing after vaping THC or SPICE in schools.

Cleveland Police have seized a number of vapes confiscated by a local school in recent weeks, some of which are now being tested for illegal drugs such as THC or SPICE.

Vapes are designed to help smokers quit smoking, they deliver nicotine in a safer way than smoking tobacco products. The legal age to purchase vapes is 18 and they should not be used by young people who do not smoke. Only legally sold vapes are regulated, so people who use illegal vapes or refillable vapes are at an increased risk of vaping THC and SPICE either through choice or accidentally.

THC is the main psychoactive compound in cannabis, it is a Class B drug that gets you high, this is why THC products are illegal to buy, sell or consume in the UK (except where prescribed). THC smells like cannabis although this can be obscured by flavoured oils.

SPICE is a collection of synthetic Class B drugs; they are cheaper to produce (usually in makeshift labs by criminals) and mimic the effects of drugs like cannabis. There are over 700 different types, so it's impossible to know which type you are consuming, what it contains, or how much you can have without overdosing. Vaping SPICE is extremely dangerous for young people, it can lead to an inability to move, breathing difficulties, chest pain, heart palpitations, seizures, extreme anxiety, paranoia, suicidal thoughts, psychosis, gastrointestinal issues (vomiting or diarrhoea), acute kidney injury and in some cases **a single dose can kill**.

THC and SPICE are sold in small unlabelled bottles, usually via social media, with efficient delivery schemes and via networks of friends. If your young person shares these oils with their friends, they could all overdose together and not be able to get help. They could also be charged for supply of a Class B drug. Police are working closely with local schools to share information and intelligence. Today, the force has issued a **WARNING** and urged parents, or anyone with information they may have about the supply of illicit vapes, to contact them on 101.

So, if your young person uses a refillable vape or you are concerned, they are at risk, please:

- 1) familiarise yourself with this useful information on the drug wise website [SPICE](#)
- 2) have a chat with your young person following helpful suggestions in this [GUIDE](#)
- 3) encourage your young person to access the relevant local support services (see next page)

Your Sincerely,

Mark Adams
Joint Director of Public Health
Public Health South Tees

Clare Mahoney
Assistant Director Education & Skills
Redcar & Cleveland Council



Spice

New Psychoactive Substances
Briefing for professionals

National Version 1.3
July 2017

1.3

Manchester Health & Care
Commissioning

A partnership between
Manchester City Council
and NHS Manchester CCG

What is Spice?

Spice is a nickname for a herbal mixture containing one or more of a group of drugs called synthetic cannabinoids.

Spice was originally a brand name of a drug, sold as a 'legal high' along with other brand names like **Black Mamba**, **Annihilation**, **Exodus Damnation** and **Happy Joker**. They contained a non-psychoactive herbal smoking mixture that had been mixed with one or more of a group of drugs known as **Synthetic Cannabinoid Receptor Agonists** (to give them their full name) or **SCRAs** for short.

Spice (and Mamba) are now used as nicknames for any type of herbal mixture that has been coated with an SCRA. SCRAs can also appear as powders or liquids for use in e-cigarettes although in the UK SCRAs are now almost always smoked in a herbal form, however, SCRAs have also turned up as adulterants in a number of other drugs. In recent incidents in Oldham, pure crystals of SCRAs were sold as MDMA resulting in multiple hospital admissions.¹

Since changes to the law in 2016,^{2,3} Spice mixtures are now almost always sold in clear snap bags. On the street in Manchester Spice sells for approximately £5 for ½ and £10 for 1 gram bags.⁴ Prices in prison are much higher.⁵



Spice was sold in branded packets but is now mainly sold in clear snap bags.

What are SCRAs?



SCRAs are made in a lab and stimulate the same areas of the brain as THC.

The cannabis plant contains a number of natural cannabinoids. **THC** (tetrahydrocannabinol) is the main one that gets you high.⁶ **CBD** (cannabidiol) and **CBN** (cannabinol) have more relaxing and calming effects and moderate the effects of THC.^{6,7,8}

Cannabinoids stimulate receptor sites called **CB1** and **CB2** (found in the brain and all over the body).^{6,7,8} Stimulating these receptor sites leads to a wide range of effects on mood, thoughts, feelings and senses as well as a number of physical effects. SCRAs may bear no structural similarity to natural cannabinoids but, like THC, they also stimulate CB1 and CB2 receptors.^{6,7,8} SCRAs may also have activity on the serotonin and dopamine systems.

SCRAs were designed by commercial research chemists in the 1980s, although they were never manufactured or clinically tested on humans.

Why is Spice so potent?

SCRAs may have started out as legal cannabis substitutes, but the market changed and users wanted Spice products that were increasingly potent. Spice became an extremely potent product and quite unlike cannabis.

Cannabis only partially stimulates CB1 and CB2 receptors, whereas SCRAs can fully stimulate them. SCRAs have been described as 'Super stimulators' and can be up to 800 times more potent than cannabis.⁹ SCRAs also may lack the calming effect of CBD/CBN found in cannabis.⁹

There are hundreds of different SCRAs, some much stronger and more toxic than others. The potency of a packet of Spice depends on which SCRAs are used and how much is added to the herbal mixture. Spice is potent even at very low doses: a pinch the size of a match-head is an active dose.¹⁰

A pinch of Spice the size of a match-head is an active dose.