

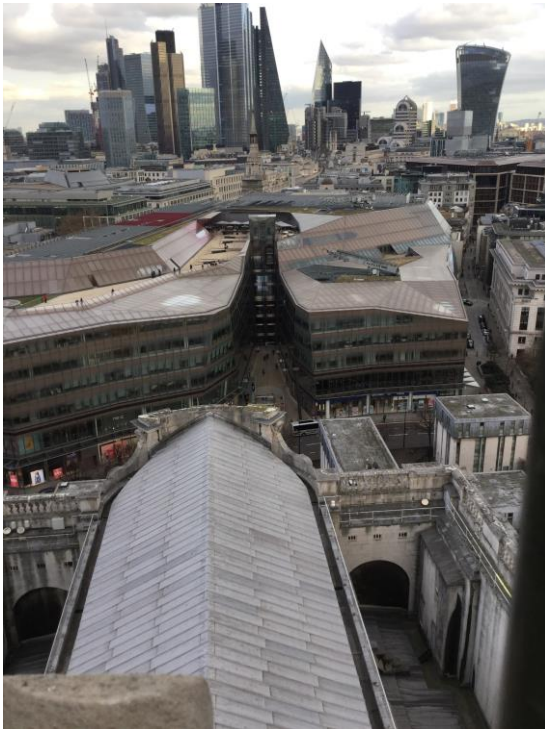


Centres of Education for Adolescents Requiring Support
Headteacher: **Mrs Pam Clulow, BA (hons), PGCE, NPQH**

CEDARS Newsletter – Summer 2019

Welcome back to the Summer term.

London Art Trips February & March 2019



Our Year 11 GCSE Art pupils visited the art galleries and famous landmarks of London such as St Paul's Cathedral as part of the preparation for their GCSE exam. Thanks to Ian for arranging it and to Tom, Jason & Anj for their support.



Parent Governor Opportunity at Cedars

Please contact Headteacher Pam Clulow at the school before Monday 20th May 2019 if you are interested in a Parent Governor opportunity at CEDARS and would like more information.

Wickes VIY project

Tradesmen and women from our local Wickes store have been working with pupils on a 'Volunteer It Yourself' project over the past 4 weeks. VIY combines volunteering and DIY by challenging young people aged 14-24 to learn trade and building skills on the job, by helping to renovate and repair school premises, youth centres and other community buildings.

Participants are mentored by professional tradespeople, who volunteer their time, and can gain vocational skills accreditations as well as access to further training, work placement and apprenticeship progression opportunities beyond VIY. Cedars' pupils designed and built a seating area for the pupils to use and at the end of the day they all received a City & Guilds modular qualification. Almost £400 worth of materials was donated by Wickes for the project and all the tradesmen we worked with commented on how well the pupils engaged. Thanks to Andrew Pickett for organising the project and supervising it through to completion.



The top four apps for revision

As the exam season approaches and revision sessions begin, what are the best apps to aid the revision process and help students achieve their best in exams?

Gojimo

It works like this: you pick your subject and your exam board, then you take part in quizzes to test your knowledge. Not only do you get instant feedback, you're also given detailed explanations, so if you go wrong, you can work out why.

iMindMap and bubbl.us

An app like iMindMap or a web tool like bubbl.us creates and shares with friends easily too. It works the same as it does on paper, but it is more mobile.

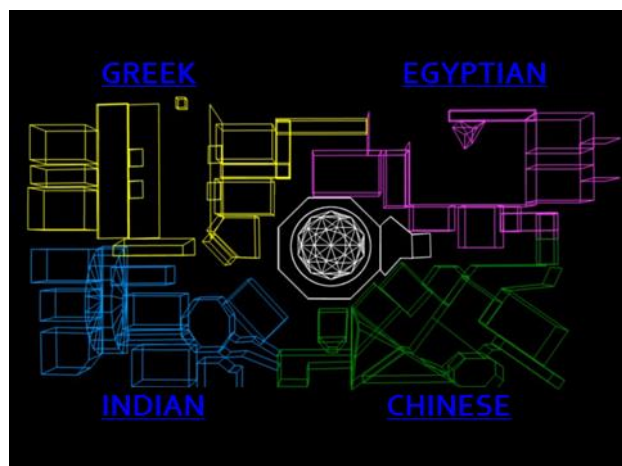
Quizlet

Quizlet enables students to create their own revision flashcards, as well as to use sets created by others.

Memrise

You can click on the optional "help me to remember this button", which then allows you to select a "mem" – an image, essentially – that should help you remember it. In fact, the whole way Memrise has been structured is based on knowledge of how the brain works.

The Crystal Maze



On Wednesday 23rd January pupils took part in a number of interactive activities that helped them to learn about STEM subjects. Teams of 4 went through a number of zones to try to win a crystal by working out the answers to puzzles. Each puzzle gained a 5 second head start for the final puzzle which was revealed once all the zones had been completed. Pupils were encouraged to work through Science, Technology, Engineering & Maths puzzles.

Dates for your diary~

EASTER HOLIDAY 15.04.19 - 26.04.19		
Monday	29.04.19	CEDARS opens for students
MAY		
Monday	06.05.19	Bank Holiday Monday – CEDARS closed
Wednesday	15.05.19	KS3 Parents' afternoon 2 – 4pm
Week beginning	20.05.19	Praise Assembly
Friday	24.05.19	CEDARS closes today
HALF TERM 27.05.19 - 31.05.19		
JUNE		
Monday	03.06.19	CEDARS opens to students
Week beginning	03.06.19	Leavers' Reports issued
Friday	28.06.19	Year 11 officially leave compulsory education
JULY		
Week beginning	01.07.19	Year 10 Art Trip
Week beginning	01.07.19	College taster days
Week beginning	08.07.19	Full Reports issued
Friday	19.07.19	CEDARS closes for the summer holiday
SUMMER HOLIDAYS 22.07.19 - 31.08.19		
Thursday 22.08.19 GCSE Results Day – CEDARS open from 9.00am to 11.30 a.m. for collection		
Tuesday	03.09.19	CEDARS Opens for students
		New Student Induction week.

WHAT IS MONKEY DUST MDPV??

WHAT IS IT? Information from T3

Monkey Dust—(methylenedioxy-pyrovalerone) is a derivative of the Cathinone family and has featured in the press recently with reports of unpredictable risk taking or violent behavior.

Monkey dust is commonly found as a white powder which can be swallowed, snorted or injected. Similar to other cathinone's but can have more unpredictable effects on users. "Monkey Dust" is not slang for a single substance. Most of the media reports say that "Monkey Dust" is slang for MDPV however substances sold as "monkey dust" may contain MDPV but have also been found to contain other related compounds such as a-PVP (binder) or MDPHP.

(MDPHP is a stimulant also of the cathinone class originally developed in the 1960s, which has been reported as a novel designer drug.)

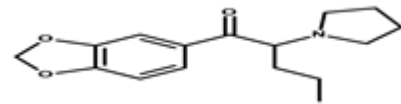
Monkey Dust has been in the UK for a long time but has begun to hit headlines due to the effects it is having on users. The drug is cheap to buy and more prevalent amongst adult drug users. Media reports state that Staffordshire police have received over 950 calls related to Monkey Dust in the last 3 months.

RISKS:

Monkey Dust can have very strong effects off very small doses, with West Midlands ambulance reporting 178 calls between April and August 2018, 131 of these in Staffordshire, Age of presentations not specified.

Risks include:

- Elevated heart rate (tachycardia) and blood pressure (hypertension)



- increased body temperature (hyperthermia)
- chest pain
- Nausea, vomiting and dizziness.
- Delusions and hallucinations.
- Severe agitation.
- Paranoia.
- Combative behaviour.
- Addiction & compulsion to re-dose.
- Risk of death from accidents, suicide or overdose.

THE LAW

Prior to 2010 Cathinones was readily available and sold in "head shops" legally until government re classified Cathinone's as a Class B drug following a rise in hospital admissions and fatalities.

WHAT SUPPORT IS THERE?

Referrals to T3 can be made by school to discuss preventative work, future referrals and one to one support.

T3 are a confidential service, and the only specification is consent from the young person. Parents do not need to be informed unless the young person is under 13 years old.

HARM REDUCTION:

If you suspect a young person has taken any drug, stay with them, find out what they have taken, keep them in a calm safe place and reassure them. If they are unconscious place them in the recovery position and call 999 for emergency services.

Please note: There have been no referrals to Staffordshire T3 young person services for support around the use of Monkey Dust.