



Notley High School & Braintree Sixth Form

Parent/Carer Information Summer Term – Thursday 7 July 2022

Key Dates	
Friday 8 July 2022	Sports Day afternoon
Thursday 14 July 2022	Year 10 Parents'/Carers' Evening

Library News

As part of the Essex Year of Reading the library will be distributing a library card and bookmark to every year 7 student this week. These will be distributed during tutor time. Students will need to take the card to their local library to have it registered in their name and will be able to access to books, join in with school activities, access help with homework, use free computers and lots more. Please see the attached letter for more information.

Bikeability Holiday Courses

Braintree District Council, Essex County Council, Live Well and Safer Essex are proud to introduce the Bikeability Holiday Courses at the Braintree Sport and Health Club. Please see attachment.

Music

We are pleased to be able to offer students individual music tuition provided by Essex Music Hub. If your son/daughter would like individual tuition in Piano, Keyboard, Guitar, Drumming, Woodwind or Singing please see the attached letter for more information. The link to register for lessons is also below, please note that payments are made directly to Essex Music Hub and not the school.

<https://ukessex.speedadmin.dk/registration?signupSchoolID=1554#/courselist/25>

Should your child be interested in Keyboard or Piano lessons please contact me directly for more information.

Mrs Hanna

Deborah.hanna@notleyhigh.com

Essex Music Service

Lead partner in Essex Music Education Hub

Essex County Council

E2, County Hall

Chelmsford

Essex

CM1 1QH



For Parents/Guardian

at Notley High School and Braintree Sixth Form

Our Ref: SchoolTuition22-23

Date: 07 July 2022

Office Telephone: 0333 013 8953

Dear Parent/Guardian,

Requesting Music Lessons at Notley High School and Braintree Sixth Form

We are pleased to offer small group/1-to-1 instrumental lessons in school provided by our team of high-quality tutors. Learning a musical instrument can have many positive effects on a child's social, personal and educational development as well as giving them a great sense of enjoyment and achievement.

To book lessons to start in September, please request lessons by **18th July 2022** via this online link:

<https://ukessex.speedadmin.dk/registration?signupSchoolID=1554#/courselist/25>

Lessons cost: **equivalent to £32 per hour** (from September 2022 to August 2023), e.g.

Lesson Length	Cost (term)	With Tuition Discount (66%)	Cost for LAC or prev LAC
15 minutes x 10 weeks	£80	£27.20	Free
20 minutes x 10 weeks	£106.75	£36.30	£9.09
30 minutes x 10 weeks	£160	£54.40	£27.20
Small group Lesson (2 to 3 students 10-minute each) x 10 weeks	£53.50	£18.19	Free

[Click here](#) for further details about lessons with Essex Music Service.

Payment and Stopping lessons



Supported using public funding by



**ARTS COUNCIL
ENGLAND**

We will match your child with the most appropriate tutor at their school and **email you an invoice** to pay directly to us. You will have 2 weeks to make payment and if timely payment is not made, lessons will be cancelled. Please ensure that payment comes to Essex Music Education Hub, not to your child's school.

Once registered and matched with a tutor, tuition will continue until you give notice to stop. You are liable for the term's tuition.

If you wish to cancel ('discontinue') your child's lessons, notice must be provided to us via email to MusicHub@essex.gov.uk or by using the 'discontinue' feature within SpeedAdmin by at least half term to finish at the end of that term. Full details are available in the terms and conditions.

Financial Assistance and Instrument Hire

You might also wish to be aware of the [Tuition Discounts](#) (66% reduction in fees for low income families), and free lessons available for Looked after Children/Children in Care. To have this discount applied to your invoice, you must apply on our website using the link above.

We are also able to offer low cost [Instrument Hire](#) for any child in Essex. Applications for all of these can be made on our website.

We look forward to developing your child's love of music!

Yours sincerely,

The Essex Music Service Team

Essex Music Service
Essex County Council

T: 0333 013 8953 (General Office)

W: www.essexmusic hub.org.uk

Get involved in the Essex Year of Reading

To mark the Essex Year of Reading 2022, Essex County Council has been working on a range of initiatives to inspire every child in Essex to become a confident reader and develop a lifelong love of reading. It also seeks to address the impact that Covid-19 has had on children and young people's education by providing events, activities and opportunities to help improve their reading levels.

We know that to achieve these goals, it is vital that every child has access to engaging reading materials and resources, giving them the opportunity to discover what topics, style and formats are right for them. Therefore, we are really pleased to provide all children in Year 7 of secondary schools across Essex with their very own library card and bookmark. Each library card has its own unique bar code, so all children need to do is bring this card along to any Essex Library to register it in their name and they can get started right away. Children can use their library card to choose books, join in with outside school activities, access homework help, use free computers and lots more.

Once they have signed up for the library, children will be able to take part in this years' Summer Reading Challenge which is a national initiative that encourages children to read books throughout the summer holidays, collecting a medal, stickers and a certificate along the way.

The locations of all Essex libraries and more information can be found at www.libraries.essex.gov.uk

Parents and carers (or older children) can also download the free Essex Year of Reading app to discover further online reading materials, fun activities and competitions for children and families to take part in. Visit www.essexyearofreading.co.uk for more information.

Cannabis Edibles



Cannabis Edibles: Information for Parents, Carers and Schools.

There is a rising concern about the use of Cannabis Edibles so we have created this to share some Information, raise awareness about the edibles and how to support children and young people who may have or have had access to them.

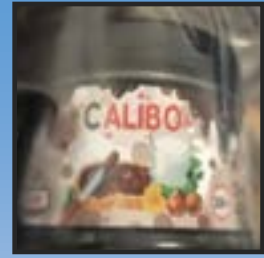
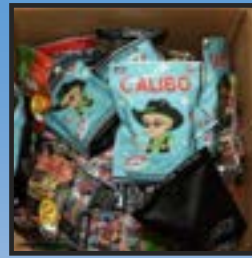
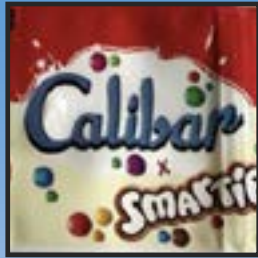
What are Cannabis Edibles?

Edibles are food products that contain Cannabis, there are currently many different forms of edibles available in the UK, including Sweets, Cakes, Chocolates, Biscuits, Syrups, Butter/spread, Gummies, lollipops and others and they are packaged to look exactly like other popular sweets and to attract young children meaning they could easily be mistaken for the genuine item.

These so called sweets contain a number of chemicals and Cannabis oil which holds high amounts of THC— the psychoactive compound of Cannabis.

THC remains illegal in the UK as a class B controlled drug—therefore cannabis edibles are a class B drug.





What are the concerns?

Cannabis edibles usually take between 45 minutes—2 hours to enter the blood stream and take effect, because of the delay, people taking these items consume more of the product than is required for them to get the desired effect and then become unwell.

What are the Risks and effects on young people?

Edibles are deliberately marketed towards younger people through the packaging and confectionary types that are used by the dealers, the drugs appear professional, safe and appetising without any risks or safety issues explained.

Edibles contain much higher doses of THC compared to Cannabis joints, edibles often also have other substances added such as Spice (A synthetic Cannabinoid) making them even more dangerous.

Younger people have a much lower tolerance to THC and more likely to overdose on edibles due to the fact they are not aware of the strength or potency and they do not understand the risks of consuming too much THC.

Some of the effects reported are; Altered Cognitive development, paranoia and/or psychosis, impairment of short term memory, impaired motor functions, decreased engagement with peers, the more common side effects of THC are; Paranoia, Memory Loss, Dizziness, Nausea/sickness & Difficulty sleeping

Consumption of these items could potentially result in injury or death through misadventure, it could lead to an onset of psychosis



Supply

Edibles are usually sold via social media on apps such as Snapchat and Instagram where users make “Stories” that show images that disappear after 24 hours

Due to the vacuum packaging, edibles are regularly distributed via the postal service and disguised as legitimate sweets that do not emit any smell of cannabis

It is believed that young people are the main target audience via social media for the substance due to nature of the packaging and confectionary forms

What should we be looking for?

The packaging used is deliberately eye-catching towards young people.

They often copy well known brands and imitate being imported from America.

Despite looking similar, there are several differences in packaging between cannabis edibles and the genuine product.

Any packaging found that does not look legitimate or has cannabis references on may contain cannabis edibles.

A few comparison images to show how alike they look.

Real →



Fake →



What do I do if I come across them?

If you find any of these products they should be kept away from children and police should be notified straight away.

If you know anyone who has these items or who is selling them, please let Police know so that we can take the necessary action and help to keep people safe.

Schools are legally allowed to take possession of these items so that they can provide them to a lawful authority, this will help prevent any further risk they pose.

If you think or are concerned that someone has consumed these items, please seek medical advice immediately.

Ways to report.

NHS—Call 999 if an emergency or 111 to get advice over the phone.

Police—Call 999 if an emergency, 101 for non emergency incidents or online via-<https://www.essex.police.uk/ro/report>

Crime stoppers– <https://crimestoppers-uk.org> or 0800 555111

<https://www.talktofrank.com> or 0300 123660 – Useful and honest information on drugs





BRAINTREE SPORT & HEALTH CLUB

Holiday Courses Bikeability Level 1,
Level 1 & 2 and Learn to ride courses
at Braintree Sport Club Panfield Lane

To book, please visit
essex.cycleready.co.uk/publicbooking

£10 non
refundable
booking
fee

Active Essex – ActivAte Summer Programme

Working with a network of trusted local delivery partners, Active Essex are coordinating face to face clubs during the school holidays.

These clubs are **FREE** for children and young people eligible for benefits based free school meals and those from low income working families.

This support has also been extended to include other children and young people who may otherwise experience inactivity or social isolation without access to this free support.

This is decided on a case by case basis so please speak to the organisation running the club you are interested in to discuss this.

Braintree Clubs

Alpha Bake Venue: The Great Notley Church Hall Ages: 5-16yrs Dates: Monday 25th July plus Monday 1st, 8th, 15th and 22nd August Times: 10am – 12pm and 1pm – 3pm For more info and to book click here	Camps 4 Champs Venue: Notley High School Ages: 5-14yrs Dates: Monday- Thursday from 25th July- 25th August Times: 9am-4pm For more info and to book click here	Braintree Leisure Centre Ages: 5-11yrs Dates: Monday- Thursday from 25th July- 25th August, Time: 10am-2pm For more info and to book click here	Premier Education Venue: Halstead Leisure Centre Ages: 5-12yrs Dates: Monday- Thursday from 25th July- 25th August Times: 9am-3pm For more info and to book click here
Multisport for Schools Venue: Elm Hall School Ages: 5-12yrs Dates: Monday- Thursday from 25th July- 25th August	Oliver's Lodge Venue: Richard de Clare Primary School Ages: 5-12yrs	Mannas Ark (Family Mental Wellbeing Session) Venue: Hungry Hall Stable Yard Ages: 5-16yrs	Making it Mindful – (Mental Wellbeing Hub & SEND sessions) Venue: Braintree Community Centre Ages: 7-11yrs

Times: 9am- 2pm

For more info and to book click [here](#)

Dates: Monday 25th July-19th August

Times: 8am-6pm

For more info and to book click [here](#)

Dates: Monday- Friday (excluding Wednesdays) from 25th July- 26th August

Times: AM & PM

For more info and to book click [here](#)

Dates: Mondays from 25th July- 22nd August

Times: 9.30-12:00 & 12:30-15:00

For more info and to book click [here](#)

Cost of Living Payments

More than eight million households across the whole of the UK will get a cash payment of £650 to ease cost of living pressures.

The first instalment of £326 will be paid from 14 July, and the eligibility date for the second instalment of £324 will be announced soon.

In addition to the £650 for households on benefits, there will be a separate £300 payment for pensioners, and a £150 payment for disabled people, which can be paid on top of the £650 payment.

This is on top of £400 for all households to help with energy bills, and an extra £150 for properties in Council Tax bands A-D, meaning millions of the lowest-income households will receive at least £1,200 in support this year.

The Government has also expanded support for the Household Support Fund – which helps people with food and energy bills – with an extra £421 million, on top of £79 million for devolved nations

For more information click [here](#)

Essential Living Fund

With a surge in fuel, food and energy prices many of us are facing tough decisions and challenges right now. If you are facing hardship, you can get help with your essential household costs.

The Essential Living Fund can help pay for:

- General living expenses such as groceries, nappies, toiletries and money for pay-as-you-go fuel meters
- Clothing and footwear, including school uniforms in exceptional circumstances
- White goods
- Furniture
- Household furnishings

To apply click [here](#)

And to read more about ways you can get help with money, debt and benefits resources click [here](#)

Essex Wellbeing Service - in your area



The Essex Wellbeing Service recently relaunched and now has a handy search function called '[In Your Area](#)', which allows you to enter your location to view local services in either a list or map format.

This page also includes 'Live Well, Link Well', which can help to find and connect to well-known support organisations across the county, such as *United in Kind Coaches*, *HeadsUp* and access to virtual support, plus much more.

One Plus One – online digital courses



If you are a parent living in Essex and you need some guidance and resources to help you with managing stress and conflict in your relationship you can access [online digital courses](#) for free.

There are three courses to choose from:

- Me, You and Baby Too is for new and expectant parents.
- Arguing better is for parents who want help with stress and arguing.
- Getting it Right for Children is for separating or separated parents.

On the One Plus One page, choose the **Central England** map and then area you live in (**Essex county, Southend-on-Sea or Thurrock**). You will be able to access the courses via Edge, Chrome, Firefox and Safari.

Family Mediation Scheme



The [Family Mediation Voucher Scheme](#) is a time-limited scheme, designed to support parties who may be able to resolve their family law disputes outside of court.

The Government has set up the scheme in response to Covid-19 to support recovery in the family court and to encourage more people to consider mediation as a means of resolving their disputes, where appropriate.

To support this, a financial contribution of up to £500 towards the cost of mediation will be provided, [if eligible](#).

Only mediators authorised by the [Family Mediation Council](#) (FMC) are taking part in the voucher scheme.

For more information click [here](#)

Essex Opportunities – Targeted and personalised employment support for parents



in Essex.

Targeted and personalised employment support is being offered to parents

Parents can now book an appointment with a qualified Employment and Skills Advisor.

The advisor will provide online, telephone and outreach support. They will discuss individuals' employment goals and aspirations and have in-depth knowledge of jobs opportunities, careers advice and skills and training. The advisor can also help with things like interview preparations and presentation of CVs.

If you would like to speak with an adviser for information, advice and guidance please call **03330 320509** or email workingfamilies@essex.gov.uk.

Or visit the Essex Opportunities website [here](#).

Bereavement Help Point in Witham

Farleigh Hospice are launching a **Bereavement Help Point** in Witham.

The help point will run on the 1st and 3rd Fridays of each month, 10.00-11.30am starting on 4th February at The Tea Rooms, 46 Newland Street, Witham.

This is an opportunity for anyone who has been bereaved to join an informal group for a chat about their loss and the challenges they are facing.

The group will be facilitated by trained volunteers. There is no need to pre-register for the group but for further information, please contact Farleigh Hospice via [email](#) or phone on **01245 457308**.

Too Good to Go App



Too Good To Go The [Too Good To Go](#) app lets you buy and collect food from a range of food outlets - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started.

App Store App can be found [here](#)
Google Play Store can be found [here](#)