

ISSUE 10

9th February 2024



HOLCOMBE  
GRAMMAR SCHOOL

NEWSLETTER

# MESSAGE FROM THE HEADTEACHER

Dear Parents and Carers,

Welcome to our end of term 3 edition of our Blog. There is a wealth of updates in this edition detailing many of the great things happening at the school. I hope you enjoy reading it.

Today, as part of LGBTQIA+ month we have had an own clothes day where we have encouraged students to 'be you' - come in to school dressed in a way that represents them, their personality, their interests etc. We have asked all students to contribute either £1 or £2 with all proceeds going to the ROHHAD charity to support children who suffer from this condition. This was a request from our Student Captains Team and it is our pleasure to support this cause.

This week we have also been engaging the student body in the democratic process by encouraging all students to elect members of the UK Youth Parliament. Inside the Blog you will also see a report on our fantastic Year 11 basketball team who celebrated a big win this week, trips, examples of students work and a range of information we hope is useful. I would like also to congratulate Jacob Walters, Zak Bennett and Samiul Alam for winning our 'Big Quiz' and who will go on to now represent the school against other schools within our Trust.

Next term will be another busy term with Year 13 prelim examinations starting from Monday 4th March, Year 9 Options with Options Evening on 21st March and will begin with our work on World Thinking Day in the first week after half term. May I remind all parents and carers to ensure that all students return on Monday 19th February with correct uniform and all required equipment. May I also remind all parents and carers to ensure their PlusPay accounts are topped up ready for the new term.

## **Update from parents survey: school lunch arrangements**

As I said in our last blog, in each edition of the blog going forwards I will respond to a concern that was raised in the recent parents survey. This week I would like to deal with the issue of lunchtimes and the several concerns expressed that students are not given sufficient time to queue up in the hall to collect their lunch.

Our lunchtime runs from 1:20 to 1:55 and there are 4 ways that students can collect food / drink at this time

1. Students may queue up in the main canteen. There are 2 different queues depending on the food they would like
2. Students may queue up at the Shack – an outside servery that serves an alternative range of hot and cold lunches
3. Students may bring a packed lunch
4. 6th form students have their own servery in the Hub or may go off site to buy food from local shops.

I would like to assure all parents and carers that all students are able to collect food at lunchtimes. A few parents expressed concern in the recent survey that their child was queuing for lengthy periods in the canteen and sometimes is not served. I base myself in the hall at least once a week to support with lunch times and I can assure you that typically all students who are queuing at 1:20 are served by 1:35 or 1:40 at the very latest. By 1:35 there is typically no queue remaining and anyone arriving at 1:35/1:40 is able to quickly be served. The situations where students are not served are those where a student arrives to the canteen at approximately 1:50 and is not served as they will not have time to collect and eat their food before period 5 lessons start at 1:55. I hope this provides some reassurance. We have explored buying and setting up a 2nd outside servery but the cost of this is approximately £25000-£30000 and unfortunately is not something our budgets will allow at this time.

I hope this information provides reassurance to anyone who was concerned about this.

All best wishes to you and your families for a very happy and healthy half term break

Mr L Preston

# CONTENTS

Our students have been involved in a number of brilliant activities over the couple of weeks. Please take a moment to read through these fantastic opportunities.

To be brought back to this page, please click the Holcombe Grammar logo in the top right hand corner of each page.

[Moments Matter, Attendance Counts Letter](#)

[Digital Learning at Holcombe](#)

[Year 11 Basketball Match Report](#)

[A Level Psychology](#)

[Language Assembly on Careers in Football](#)

[The Big Quiz 2024 - Holcombe Round](#)

[World Thinking Day 2024](#)

[Holocaust Memorial Day](#)

[Trips](#)

[Year 8 History](#)

[Drama](#)

[Sports Clubs Congratulations](#)

[Reading at Holcombe](#)

[Year 10 Work Experience](#)

[Assessing Smartphone Readiness](#)

[Debate Society](#)

[Kids Eat Free - February Half Term](#)

[The Dangers of Vaping](#)

[Medway Safe Haven Flyer](#)

[Welcome to Medway Poster](#)

[Medway Measles Information for Parents](#)

[FACE Newsletter](#)

[Term 4 Sports Clubs](#)

## KEY DATES

### *Term 4*

- **Monday 19th February**  
- First Day back of Term 4

### Free School Meals

We are aware that the winter is the worst time of year for managing household accounts. Please remember to apply for FSM if your family are having any difficulties. [application form for FSM](#).

We are pleased to confirm that Medway Council will again be using monies from the household support grant to provide a voucher to parents/carers for each eligible benefits related free school meal child over the February break. The voucher will again be provided via Edenred and will total £15 for each eligible child. These will be sent to those that are eligible for FSM in time by the February break (estimated 9th February).

# STAY CONNECTED

## Follow Us on Social Media

See all of the enjoyable and engaging activities we get involved in throughout the year.

Follow us on our social media channels.



[@TSAT - Holcombe Grammar School](#)



[@TSATHolcombe](#)



[@tsat\\_holcombegrammarschool](#)



Dear Parents and Carer,

The Government has launched a campaign focused on improving school attendance. This year's theme is 'Moments Matter, Attendance Counts'. It aims to help schools and parents to reduce needless days off for students. We want to work with you to help students to be in school, every day.

As parents, you play a key role by:

- Making sure your child comes into school every day that it is open. This is unless there is a good reason.
- Letting the school know when your child has to be off (e.g. due to illness).
- Only asking for a day off for an important reason. Ask for this as early as you can.
- Scheduling medical appointments outside of school hours when you can.

Attendance is important for your child's education and wellbeing. We have shared some helpful online resources to help you make informed decisions, such as the following:

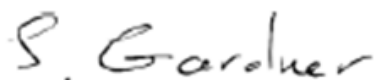
- [Back into school information for families](#)
- [Working together to improve school attendance guide](#)

We understand that illness can keep your child at home. Mild illnesses like a cough or cold without a fever don't require absence. The NHS guide "[Is my child too ill for school?](#)" provides more information.

We understand that each family's situation is different. Your school is here to help you in any way possible.

Thank you for your help and co-operation.

Yours Sincerely



Stuart Gardner  
Chief Executive Officer  
The Thinking Schools Academy Trust

# DIGITAL LEARNING AT HOLCOMBE



We welcome you to complete the [survey](#) on Digital Access to allow us to understand how your child accesses and uses digital technology at home and if there are any areas in which we can support you or your child with digital learning.

# YEAR 11 BASKETBALL MATCH REPORT



On Tuesday 6th February the year 11 basketball welcomed Rainham Mark to Holcombe for a hotly anticipated fixture. In front of a partisan crowd the hosts found it difficult to cope with an organised and effective visiting team, ending the first quarter down on the score board. After some stirring words and tactical masterstrokes by their peer coaches the team fought back in the second and third quarters to enter the final few minutes of the game level at 40 points all. Cheered on by their Head of Year (and chief photographer) Miss Lee, the team rallied in the closing moments of the game before two late baskets saw them end the game victorious by 44 points to 40. The large squad of players demonstrated what talented players they are but also, more importantly, consistently demonstrated the levels of sportsmanship, camaraderie and leadership that marks them out as stars of the future. All the players, coaches and spectators are to be congratulated for their efforts and we hope they have created fond memories that will live with them well beyond their time at Holcombe.



# A LEVEL PSYCHOLOGY

With Mrs Jhaj



In the Year 13 component of Criminal Psychology, students learn about the persuasion of juries by witnesses and defendant characteristics. In a recent lesson, the year 13 class conducted a mock trial and as jurors had to deliberate the verdict in a murder case. The students all had to reach a verdict beyond reasonable doubt, based on the different testimonies presented.

After hearing all the evidence, testimonies and the Judge's summary comments, the students as jurors gave their initial verdict, on the board. After this information the jurors then had to discuss the evidence. This led to highly focussed discussions about the wording of testimony, the extent to which a testimony was credible, what was reasonable or not and so on.



The class had four rounds of votes as jurors and the majority verdict moved each time based on the juror deliberations. The class were unable to settle on a unanimous verdict so the majority was accepted.

*It was an interesting fun way to get an insight into the experience of being a juror and provided a better understanding of testimony*  
Beau Yeates

*The court trial lesson was very engaging and allowed for insight into how decisions would be made in a court room.. and seeing how others thought processes function, from the hearing the same testimony but having different views*  
William Patey

*We used a real murder case transcript, with testimonies from the witnesses and defendant. I found this lesson particularly valuable because it allowed me to deepen my understanding of problems juries face and the difficulty in reaching an unanimous verdict*  
Henry Saxton

*I found that it made you understand the topic better because it is a more memorable way of learning how the courtroom works, rather than just reading from a textbook*  
Anna Krupka

# LANGUAGE ASSEMBLY ON CAREERS IN FOOTBALL



With Mrs Ortega

This term, we had an external speaker, Steve Eadon, from Mingalaba deliver an assembly on languages and careers to Year 9 and 10.

Steve worked for Arsenal for 15 years managing the award-winning "Arsenal Double Club" modern languages project, which used Arsenal and football to inspire young people to learn a language.

He spoke about his experience at Arsenal, how he studied German at school and University and how it helped his future career.

He also spoke about the importance of learning a language nowadays and what careers in football are available for those with languages.

Students were engaged and enjoyed the talk and some students spoke to Steve at the end of the Assembly asking him for advice on how to use their languages for future careers.

Hear are some quotes from year 10 students:

*"The assembly has changed my outlook on learning new languages and encouraged me to learn more"*

*"My attitude towards languages has drastically improved"*

*"It gave me new information about different jobs and opportunities, especially in sport, that can be available through studying/ learning a language"*





# THE BIG QUIZ 2024 - HOLCOMBE ROUND



With Mrs Banks

This week, Key Stage 3 students have been competing to represent Holcombe in the trust memory competition, The Big Quiz. The following students should be commended for their willingness to compete, the investment of their time and for embracing our thinking culture:

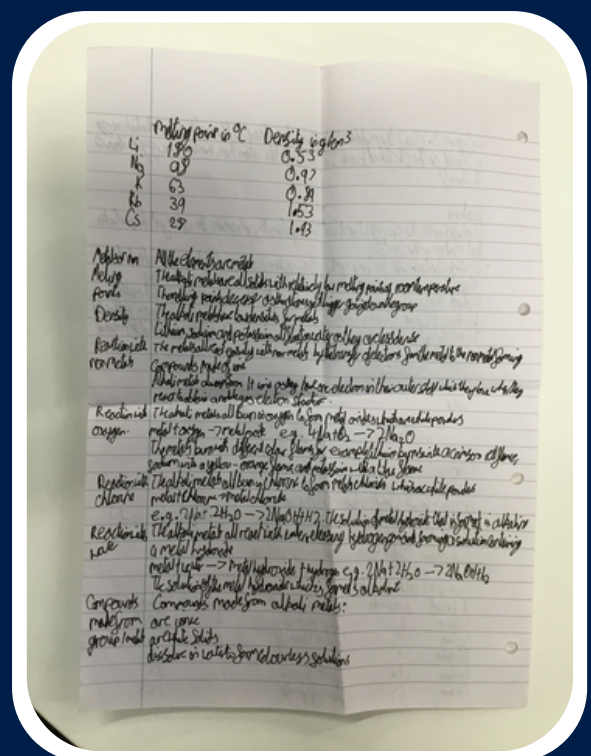
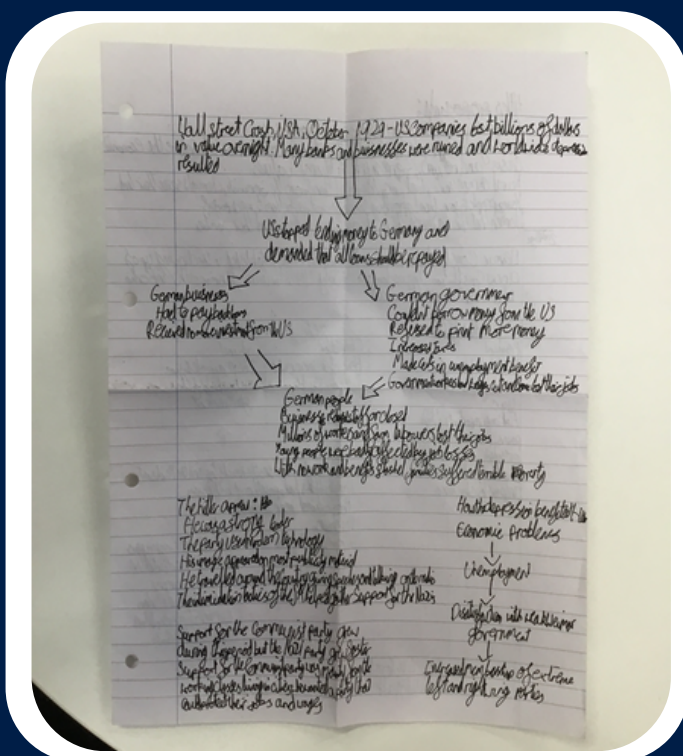
- Zak Bennett
- Samiul Alam
- Ryan Bawden
- Azariah Mittawa
- Toluwanimi Duduyemi
- Victor Uzoma
- Jacob Walters
- Idris Gbede

After answering 40 questions in 20 minutes on information on multiple knowledge banks, the following students earned their place in the Holcombe Big Quiz Team, and an Amazon voucher too:

- Jacob Walters - Year 9
- Zak Bennett - Year 9
- Samiul Alam - Year 7

Reservist: Victor Uzoma - Year 8

We were particularly impressed with the ways in which our successful students embedded the facts in their memory - see below for just some of the work they did to onboard the knowledge!



Well done to all!

# WORLD THINKING DAY 2024



World Thinking Day is on Thursday 22nd February 2024. As a Thinking School, we will mark this occasion with assemblies, literacy tasks, a special debate society motion and a whole school competition (details below).

The theme this year is Our World, Our Thriving Future. It will be a chance for our students to think about how we can build a better future where all young people live in an environmentally sustainable world, free of poverty.

**World Thinking Day 22<sup>nd</sup> February**

**Are we global citizens?**

**UNCRC Article: Article 15 (freedom of association)**



## Whole School Speech Writing Competition

- ✓ Write a speech to in response to the statement below
- ✓ *Could you use a hats analysis to construct your argument? Might you join debate society to practice?*
- ✓ Submit your entry by Friday 1<sup>st</sup> March either by email to [aimee.banks@holcombegrammar.tsat.uk](mailto:aimee.banks@holcombegrammar.tsat.uk) or on paper to Mrs Banks's S Block Office
- ✓ Our student thinking drive team, the Thinking Ambassadors, will select the top 5 entries, each winning an Amazon voucher and the opportunity to deliver their speech to determine our overall winner



**COMPETITION**

*"The super rich have a humanitarian duty to use their wealth to alleviate global poverty."*



# HOLOCAUST MEMORIAL DAY



On the 25th January, Sixth Form student Oliver Tomlin participated in the Holocaust Memorial Day ceremony which took place at the Chatham Memorial Synagogue.

Oliver introduced the theme for this year's Holocaust Memorial Day which is the fragility of freedom. Freedom means different things to different people. What is clear is that in every genocide that has taken place, those who are targeted for persecution have had their freedom restricted and removed, before many of them are murdered. This is often a subtle, slow process. The ten stages of genocide, as identified by Professor Gregory Stanton, demonstrate that genocide never just happens. There is always a set of circumstances which occur, or which are created, to build the climate in which genocide can take place and in which perpetrator regimes can remove the freedoms of those they are targeting.

Oliver discussed that many people in modern western democracies take freedoms for granted and this Holocaust Memorial Day we can reflect on how these freedoms need to be valued, and on how many people around the world face restrictions to their freedoms to live, worship, work and love freely.





The trips at Holcombe Grammar School are increasing with February seeing a trip for Year 11s to Cambridge University.

On Wednesday 7th February, we took a group of 13 year 11's to visit Queen's College. The students were a credit to Holcombe with their engagement and conduct throughout the day. Below is a contribution from Michael Akinje (11Ba) regarding the experience:

*"I really enjoyed this trip as it enabled me to gain a deeper understanding into the Cambridge application process, and the university process in general. Furthermore, it showed me the work that I have to do in order to ensure I have a successful university placement when I apply for courses in Year 13.*

*The staff and students at Cambridge were really nice and welcoming. They gave us detailed explanations and insights into student life at Cambridge. The tours we received were highly informative into how accommodations and lectures work, as well as the leisure activities, which you can do at the university.*

*Additionally, the art house Kettle's Yard, we were able to visit was delightful for understanding the city life around Cambridge which is essential to know if you want to study at Cambridge.*

*Overall, it was a great trip and I am thankful to Mrs Jhaj for the wonderful opportunity".*

Thank you to Michael for the detailed account of the day, I am also, thankful for all the staff who help us take advantage of such enrichment experiences from Ms Wood, Mr Phillips and the cover staff. I look forward to taking a group of our Year 12s next term. Engagement in these types of structured visits spark aspirations and widen students understanding of the opportunities awaiting in their future!



After half term we have trips to:

- Art Competition in Folkestone
- Poetry Live Trip for Year 11 and English
- London Theatre – Hamilton (opened to all year groups)

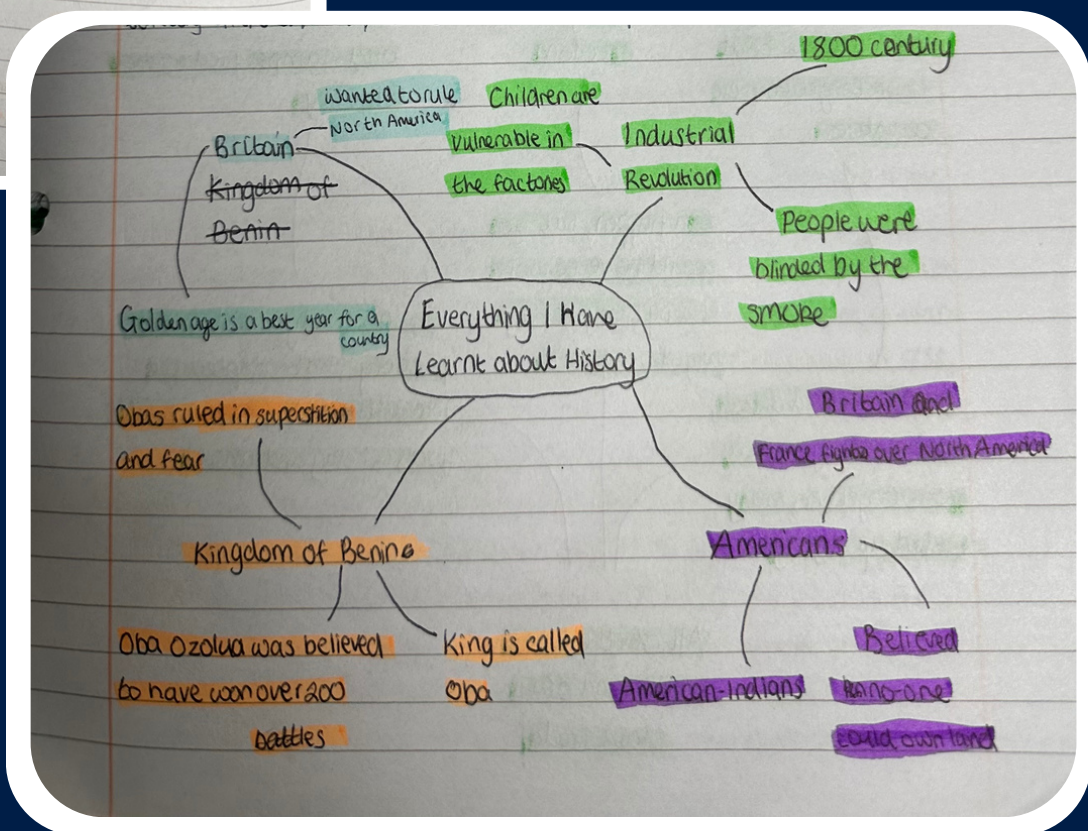
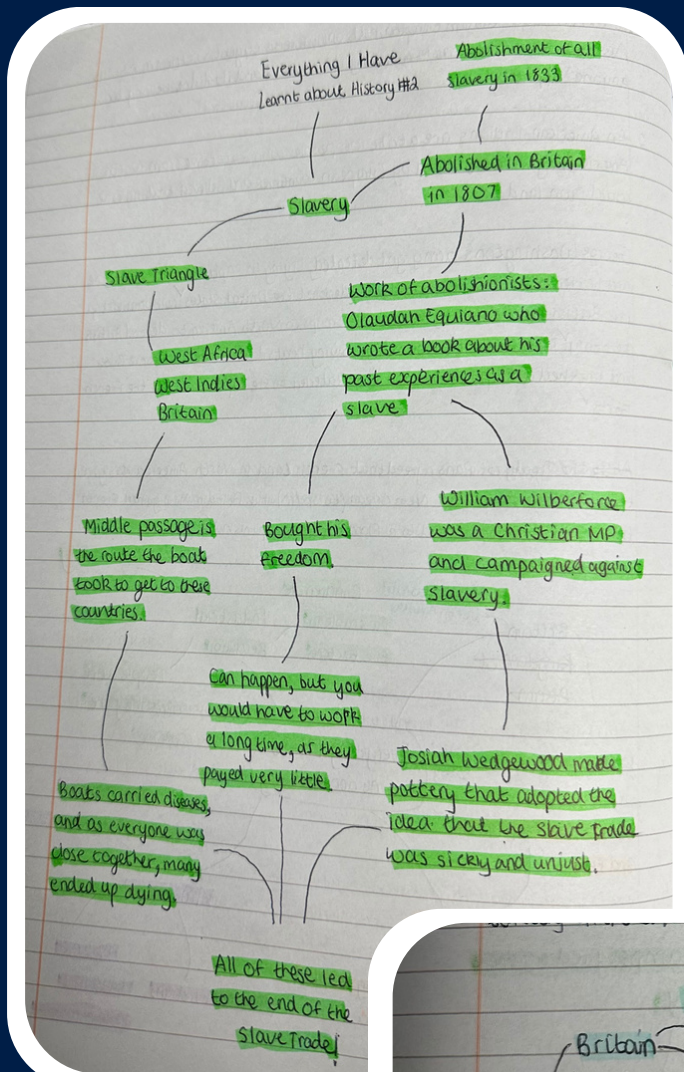


We are looking forward to an increase in educational and reward trips in the coming months.

# YEAR 8 HISTORY



Year 8 students have spent this term learning about the Slave Trade. One student even produced revision materials in their own time. Well done!





## DNA by Dennis Kelly - 27th March

Year 10 Drama students have been very busy this term completing their Devising performances and are now hotfooting towards their production of DNA. Rehearsals are well under way and the students are looking forward to portraying these character on stage, more details to come shortly.



In Key Stage 3, students have been creating their own performances from news articles, relishing in the devising process the students have worked hard to create their own storylines and characters.

# SPORTS CLUBS CONGRATULATIONS



KS3 – Dylan  
Drabble



KS4 –  
Iyanuoluwa  
Abraham



Congratulations on being the  
students who attended the most PE  
clubs between 22/1 – 5/2  
Keep it up!





## Reading at Holcombe

See below for the English Department's book recommendations. We have included a contemporary choice and a literary classic!



### KS3

- **Boy in the Tower by Polly Yo-Hen.** Strange plants have started to take over and tower blocks are falling down. Now Ade and his mum are trapped and there's no way out . . .
- **The Day of the Triffids by John Wyndham.** This is perhaps the most famous catastrophe novel of the twentieth century and its startling imagery of desolate streets and lurching, lethal plant life retains its power to haunt today.



### KS4

- **Hamnet by Maggie O'Farrell.** A novel inspired by the son of a famous playwright. It is a story of the bond between twins, and of a marriage pushed to the brink by grief.
- **The Grapes of Wrath by John Steinbeck.** Arguably Steinbeck's finest novel, The Grapes of Wrath follows the journey of the Joad family, seeking hope and life in California during The Great Depression.



Reading regularly stimulates the brain, keeping it active and engaged. It has been linked to a reduced risk of cognitive decline as people age.



# YEAR 10 WORK EXPERIENCE



This is the second year of work experience for all Year 10 students since COVID caused huge disruptions to the companies who offer work placements, and was again a resounding success. Over 80% of the year group gained meaningful and useful work placements that allowed them not only to develop the soft skills that we would normally expect from a year 10 work placement but also some career focused options.

Students went to schools, solicitors, engineering firms, libraries, mechanic workshops, rail yards, charity centres and were a credit to themselves which helped to show the school to be one with students who are hard-working, diligent, empathetic and respectful individuals. We have had floods of positive emails and letters commending students for the way in which they behaved and their overall work ethic, which although is nothing more than we would expect from a Holcombe student, was very pleasing. Some work placements have gone as far as offering students part-time jobs and have even suggested they consider them as a career option at a later date.

# ASSESSING SMARTPHONE READINESS



Assessing Smartphone Readiness: "Is my child old enough to have a phone?" It's a common, understandable question from many parents, but it's also one that is very difficult to answer as there are so many factors involved. For younger children it's often peer pressure, with older children social isolation is very common. Often, advice has to be given particular to that child/family, rather than a one-size-fits-all solution. The Institute for Digital Media and Child Development have put together some tip sheets for parents which are really useful. There are 3 parts:

- Assessing readiness.
- Preparing for healthy use.
- What now?

View all the tip sheets [HERE](#)

# DEBATE SOCIETY



Holcombe Grammar School

## DEBATE

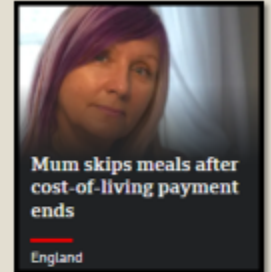
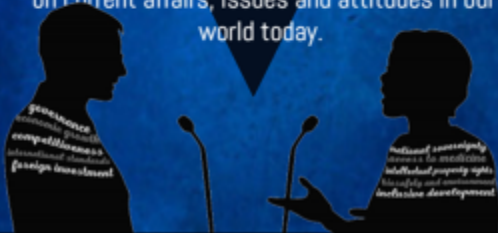
SOCIETY

FRIDAY LUNCH

1:20-1:55PM

@ THE HOLCOMBE  
LIBRARY

Visit the Holcombe Library to take part in our debate society. Open to students from all year groups and staff alike. A round table discussion on current affairs, issues and attitudes in our world today.



Now more than ever, wealth inequality plagues our society. Amidst a cost of living crisis, our richest citizens continue to amass significant wealth. Therefore...

***This house believes that the richest members of our society have a moral obligation to end poverty.***

Join us on Friday for a round table debate!



# PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



## ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

## TESCO

Kids eat free with a purchase of 60p+ from  
From Mon 12th - Fri 23rd February 2024

## SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

## BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

## THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

## GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

## TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

## SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

## TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

## IKEA

Kids get a meal from 95p daily from 11am

## MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

## GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

## PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

## YO! SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

## BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

## WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

## DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

## TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

## PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

## HUNGRY HORSE

Kids eat for £1 on Mondays

## FUTURE INNS

Under 5s eat for free with any adult meal.

# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2008 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS  
CAMBRIDGESHIRE & PETERBOROUGH

The National College





## **Medway Safe Haven**

**Open every day, 12pm-12am**

Medway Safe Haven offers crisis mental health support to anyone aged over 16, in a safe, comfortable and supportive environment.

We are open every night for face-to-face support.

You can visit the service to access one-to-one emotional support from trained mental health professionals.

We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

**Contact us or drop in:**

07850 901 151 or 07808 795 036 (12pm-12am)

Medway Maritime Hospital,

Windmill Road,

Gillingham,

ME7 5NY

**Follow us on Facebook for updates:**





# WELCOME TO MEDWAY




New to Medway or looking to connect with other families in the community?

Join us at the #WelcomeToMedway Family Event!

Whether you're new in town or a long-time resident seeking new friendships with other parents, this FREE event is perfect for you.

- ✓ **Child-Friendly Activities**
- ✓ **Free Demos**
- ✓ **Free gift for every child.**

Meet over 10 local partners, discover community resources, and make new friends at the Church followed by activities at the Chatham Children and Family Hub.

 All Saints Church, Chatham ME4 5NE and  
The Chatham Children and Family Hub ME4 5AZ

**TUESDAY,  
10-13 FEB**



01634 338 833  
FamilyHubs@Medway.gov.uk





# Measles Information for Parents and Carers

## Protect your child from measles

You may have seen measles in the news recently. This is because there has been a rise in the number of measles cases in England. Measles is highly infectious and can make people seriously unwell. One-in-five children with the disease are hospitalised and on rare occasions, measles can be fatal.

The NHS are urging parents and carers to make sure their children are up-to-date with their MMR (measles, mumps and rubella) vaccinations.

Two doses of the MMR vaccinations are needed for maximum life-long protection. Parent and carers of children in Years 8 and 11 will be automatically contacted by the School-aged Immunisation Service to catch up on missed MMR doses if they are already scheduled a vaccine.

If your child isn't in Years 8 and 11 you should check your child's red book to see what vaccinations they have had or ask your GP practice. You can make an appointment with your GP practice to catch up on any missed doses, or call the School-aged Immunisation Service to arrange a vaccination.

Their contact details are 0300 123 5205 or [kchft.cyp-immunisationteam@nhs.net](mailto:kchft.cyp-immunisationteam@nhs.net)

The early symptoms of measles include: a high fever, sore red, watery eyes, coughing, a runny nose, aching and feeling generally unwell. Find out more about the symptoms of measles on the [NHS website](#).

If you have symptoms of measles stay at home and phone your GP practice or NHS 111. This will help prevent spread of the disease.



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