

TERM 4
2023/24



Frome College

Matters



School production of 'Grease The Musical' was electrifyin'!

'FROME BUSKS'

Career Talks

Library: Whodunnit?

Earth House

SCIENCE OUTREACH

www.fromecollege.org

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PRINCIPAL'S LETTER

Term started with the highly energetic and polished production of 'Grease. The Musical' which was performed to sell-out audiences on each occasion. Students on stage and behind the scenes worked incredibly hard to deliver such outstanding shows - we have had so much positive feedback from both College and our wider community. Well done to everyone involved and to all staff who devoted so much time to make Grease so successful.



Emma Reynolds

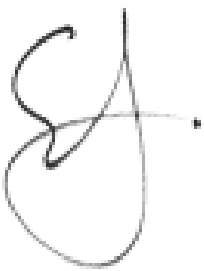
Continuing with the musical theme, earlier this month our musicians and vocalists performed live gigs over eight sites around Frome Town. We worked in collaboration with Frome Town Council and were very grateful for their support and also the wonderful reception we received in the town and the generosity of donations for our Performing Arts. The strength of our musical education has been recently recognised with the award of 'Music Mark' status in recognition of our commitment to provide a high quality music education for young people.

Our work from Earth House has really started to gather momentum with Mrs Le Pivert overseeing work on the pond re-generation. Thank you to the Rangers and all members of the community who have invested hours in the work. We look forward to hearing more of Earth House' s valuable and inspiring work over the early summer months.

The library goes from strength to strength. World Book Day was celebrated with a number of wide-ranging and interactive events, and Mrs Owsley continues to offer innovative initiatives to encourage visits to the library and reading for pleasure. As part of our transition work we have welcomed a number of first schools over to College to take part in STEM activities with Middle School girls enjoying a fascinating cyber forensic investigation.

Cont.

Finally, a reminder that we are holding a comprehensive revision programme over Easter for our exam year groups, 11 and 13, and students should sign up via Frog in order to participate. I trust that students will use the holiday time wisely, to both study for their important exams but also to take time to recharge their batteries for the last two terms of the academic year.
Happy Easter!



Emma Reynolds
Principal



PROUD TO BE A
MUSIC MARK
SCHOOL
2023 - 2024





The recent production of the classic 'Grease The Musical' by our Performing Arts Department was a smash-hit success, playing to sell-out houses during its run at the Merlin Theatre.

Anchoring the show with star power performances were Sydney D. as Danny, the rebellious leader of the T-Birds, and Violet A. as Sandy, expertly capturing the sweet charisma of the role. Also shining among the lead cast were Mia C. as Rizzo, Beau S. as Kenickie, and Imogen S. as Frenchy. Together with the ensemble, the cast brought non-stop energy to the show, described by one audience member as "comparable to the West End production".

*"Absolutely incredible performance.
Huge congratulations to all involved.
There must have been some very
proud parents last night" - Paula*

*"The leads captured the sweetness and sassiness of the central romance,
whilst the supporting cast could have stepped straight out of the movie.
Well done to everyone involved." - Graham*

*"Blown away with this
production! Casting was
just brilliant and we had
such a great night!!!!"
- Emily*



Frome Busks

working with Frome Town Council



Photos by Dave Merritt Creative



Frome Busks

working with Frome Town Council



“

On Saturday 9th March, young musicians from Frome College once again took over the town centre, performing live across eight stages around the town centre. It's the third year the event has run as a collaboration between Frome Town Council and Frome College, with all proceeds to the College's music department. Head of Performing Arts at Frome College, Josh Hampson said:

“We've got a really vibrant music department at the College, with loads of performers. One of the big things for us is fundraising: to run events and provide ourselves with equipment and music classes for our students. So that's the idea behind Frome Busks, and it also gets the youth of Frome seen in a positive light, out in public, doing something really impressive, with Frome Town Council.

“Teenagers today have so many things available to them, like social media, the internet, things they can learn from, which is incredible, but there are a lot of stresses, like online bullying. It can be a very intense environment for some of them. With music – the musos find each other. They find their place in the music department, they develop confidence, make friends like themselves. By the time they leave us in year 13 they've grown and developed, which is such a special thing to see as a teacher, and as a musician who had a similar journey myself. It's a big deal for a 14-year-old to come out in public and play and sing, which is why events like this are so important - it really improves their confidence.”

Rachel Griffin from FTC said “We're so lucky to have such a talented, amazing music department up at the College and work with Josh on this fantastic event. It makes the town come to life, it's just a happy, brilliant event. They've got a school that's happy to support them to come out and perform and at FTC we're happy to be able to give them performance opportunities. The shopkeepers love it, it brings loads of people into the town. It's just a brilliant day.”

The 2024 Frome Busks event raised £433 for Frome College's music department. The event will be back in 2025.

- Frome Town Council

”



Frome College Cadets

with Mr Pavli, Outdoor Education Coordinator

Frome College Cadets have had an active month in March, taking part in several exciting activities as part of recruitment efforts.

The cadets opened their doors to prospective new members to try their hand at TAG archery. This allowed interested students to experience one of the core skills taught as part of the cadets programme in a fun and safe environment.

"The TAG archery sessions were a big hit," said Mr Pavli, Cadets Coordinator. "We had a great turnout of potential recruits who got to see firsthand how archery builds focus, discipline and marksmanship abilities."

In addition to the archery recruitment sessions, the cadets also spent an evening at the Frome Boulder Rooms indoor climbing facility. The outing provided cadets with instruction on different rock climbing techniques and routes on the facility's climbing walls.

"Rock climbing was a new challenge for many of our cadets, but they embraced it enthusiastically," said Mr Pavli. "It's an excellent way to build strength, problem-solving skills and confidence heights."

The cadets are already looking ahead to their next round of activities for April as they continue encouraging new recruits to join their ranks and learn valuable life skills. Interested students can contact TPavli@fromecollege.org for more information.



Duke of Edinburgh's Award Scheme

Students are getting ready for their Duke of Edinburgh's Award expeditions by attending bi-weekly afterschool first aid training sessions this term. As part of the Bronze award requirements, the students must complete sections on volunteering, skills development, physical recreation, and a two-day hiking expedition. Several have already finished the volunteering, skill, and physical sections.

The first aid classes teach essential safety practices for their upcoming overnight adventures. "Learning proper first aid is crucial before they head out on their expeditions," said Mr Pavli, DoE Coordinator.

Next term, participants will take part in practice day hikes to prepare for their qualifying two-day, one-night expeditions later this year. Consistent attendance is vital.

The Duke of Edinburgh's Award aims to support youth development through community service, practical skills, physical activities, and adventures.





Earth House: Cultivating Sustainability Across School

with Mrs LePivert



caddisfly larvae

Pond Regeneration Project with the Earth House Ambassadors- Phase Two

February saw our ambassadors complete phase two of the college pond regeneration project. The session included wading into the pond to remove all the litter and debris that has been building up. Students removed the excess plants which were choking the pond and reducing the light quality, and also carried out a baseline survey of the habitat. We were delighted to find a varied amount of animal life including caddisfly larvae. These indicator species tell us that the water quality is reasonably good. We plan to leave the pond to 'rest' for the summer months.

Phase three of this project will begin in September, when we hope to install a small decking area for all-inclusive access to this habitat. More news to follow.

College wins UK green project competition with the planned development of an outside learning area.

Planet-saving action is coming to Frome College as part of nationwide campaign.

Pupils and teachers at College have been awarded funds to kickstart their great green project, thanks to [The OVO Foundation](#) and [Let's Go Zero](#) campaign, helping schools to become zero carbon by 2030.

The College beat hundreds of others to win the prize, which will bring to life the outside learning opportunity for the College team.



We welcomed Fiona Burrows as Earth House guest during March.

Fiona discussed the pressures that we are all facing financially, as well as the importance of being able to hear the collective voice of the younger members of Frome. Students suggested that our town would benefit from green, sustainable and biodiverse spaces that young people could use safely and productively. Representatives from our ambassador team will join the Frome Town Councillors during The Big Green Week to explore the ideas and suggestions we have for a greener Frome that all young people can access and enjoy.



Outside Learning Area

On Friday 22nd March the Earth House Ambassadors were joined by Year 9 Venus House representatives and Year 12 A level Further Maths students to develop an outside learning space for the College.

We had a hugely enjoyable, successful time planting over 200 small trees, or 'whips', to develop a hedgerow through the space, as well as install a 'learning circle' with seating for classes to use from all curriculum areas. A small wildflower area was also created, along with a fire pit. We'd like to thank Frome Town Rangers for their fantastic support again!



Earth House Logo

Many thanks to Maya in Year 12, for using her graphic skills to develop Ted N's (Y10) original logo design for Earth House.

Maya and Ted have both been presented with vouchers from a local business to support their creative studies.

For more information about Earth House, please email
Amanda Le Pivert
alepivert@fromecollege.org

Career Talks

With Ms Gale, Next Steps Coordinator



We had the pleasure of welcoming thirty members of our wider community to share their career journeys and insights with our students. From solicitors to midwives, police officers to sound engineers, the range of professions represented was truly fantastic!

These career inspiration talks are invaluable for our students, providing them with a glimpse into the vast array of possibilities that awaits them. Hearing firsthand accounts of the challenges, rewards, and paths taken by professionals in various fields helps our students envision their own futures and understand the steps necessary to achieve their aspirations.

We are immensely grateful to these generous individuals for taking the time to inspire and guide our students as they navigate the process of career exploration. Experiences like these play a vital role in shaping our students' perspectives and empowering them to pursue their passions with confidence and determination.

If you or your company would like to inspire our young people, please email NextSteps@fromecollege.org



17th & 18th June Mock Interviews
8th July Career Talks

Sporting News

with Mrs Sypko and Mr Howlett

On International Women's Day, we celebrated six remarkable female student trailblazers - Imogen, Emma, Ellie, Jenna, Libby & Eva. Through the pioneering 'Your Time' programme, they promote female empowerment & leadership in sports. As leaders, they organised competitive events, guiding & motivating younger participants with infectious enthusiasm. Their hard work ignited a competitive spirit, leaving every girl feeling accomplished. We applaud them for inspiring the next generation of young women to fearlessly pursue their sporting dreams & creating a more inclusive world!



Frome College sports kit	Available at Cosmic Monkey	Available in high street stores
Polo shirt/polo top - short sleeved, in black with purple sides	✓	
Shorts in black with purple sides, or skort in black with purple sides	✓	
Rugby/hockey top - long sleeved in black and purple (reversible)	✓	
Optional – recommended for winter Hoodie in black and purple	✓	
Optional – recommended for winter Jogging bottoms in black or leggings in black		✓
Socks in black or white		✓
Sports shoes		✓
Sports boots		✓



We have plenty of pre-loved sport kit for sale in our online shop <https://app.uniformd.co.uk/items/frome-community-college>





@fromecollegelibrary

The Library

with Mrs Owsley

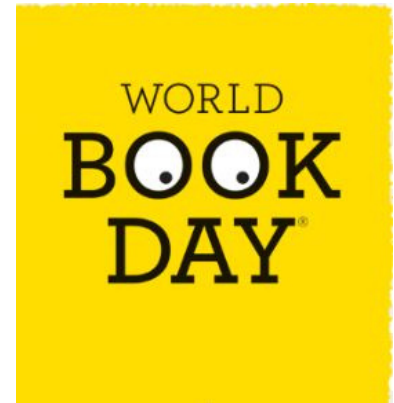


Another wonderful and vibrant term here at the library. Term 4 brings World Book Week with it which is always so much fun. It is a brilliant way to celebrate the world of reading and all the remarkable and awe-inspiring authors and illustrators that help to shape our childhoods. The first World Book Day was held in 1997 and is now celebrated in over 100 countries and countless schools and children take part each year.

World Book Day 7th March 2024

Why do schools love World Book day so much? Well, firstly its fun. Children get to take part in loads of book themed activities and many younger students dress up (which we all love!) It also introduces students to different types of books, different authors and genres and helps to raise the profile and enjoyment of reading by breaking down some common barriers.

Did you know that UNESCO consider reading for pleasure the single biggest indicator of a child's future success – more so than their family background, parents' education, or their income?



World Book day at Frome College Library

What a day! We held three activities throughout this magical day. In the morning, we had a Murder Mystery event that was created and delivered by our student librarians. They gave an amazing performance to other year 9 students who eventually worked out it was Iris White in the library with the cyanide. In the middle of the day, we enjoyed a creative writing workshop, and students created a piece of Micro-fiction. A full story in less than 100 words. Thank you to the lovely Beth Archer who volunteered her time.





Finally, we held a 'Story time with Puppies' event and it was wonderful. The amazing charity Dogs for Health brought in their therapy dogs for cuddles whilst the wonderful Miss Morris read 'The Forest of Doom' to the students who could choose which pathway to take on each page. So many students had a lovely day and we are so thankful to all that came and supported the library and the students.



'You don't hate reading; you just haven't found the right book yet'.

Heard this? It is 100% true. All of us (young people and adults) read pretty much constantly throughout the day without noticing. None of us resist reading social media or other information on our screens which must mean we don't hate the actual process of reading – we simply aren't finding other material interesting enough. Inspiring material makes the biggest difference.

For a reluctant young reader here are our top tips:

- Look on TikTok and follow #Booktok for up-to-date book reviews and the newest authors. People who follow #Booktok read on average 24% more than those who don't.
- Listen to audiobooks and eBooks – your child has access to around 2000 for free! They can simply use their email and address and password to log into the Digital Library on their Frog homepage. If you are a member of the town library, you also have access to eBooks and audiobooks for free.
- Read in 15–20-minute blocks only – little and often is a great way to improve perseverance and confidence.
- Remember, it all counts. Comics, magazines, graphic novels, gaming instructions, scripts, lyrics and annuals. Don't discourage your child from reading material you think isn't useful or is too young for them. It all is and will improve their vocabulary. Reading for pleasure should always be fun.
- Did you know? "Top scientists have proven that turning on subtitles of TV programmes can DOUBLE the chances of a child becoming good at reading." - Stephen Fry. Children aren't always sure they are pronouncing a word properly and this can lead to a lack of confidence. Reading subtitles is a great way to improve a child's long term word recall. Take a look: turnonthesubtitles.org
- Finally, read in front of your children and practice what you preach. Children always learn by example so if you can, put away your own screens for 15 minutes each day and even try reading together.

PARENTS:
Boost learning
with this simple trick,
Turn on
the Subtitles
when your child is revising

Turning on the Subtitles research shows that the mere presence of words at the bottom of the screen will encourage students to read them, automatically improving word recognition, content comprehension and

Science Outreach

With Mr Jones, Head of Science



At Frome College, we are committed to nurturing the next generation of scientists and fostering a love for science among local students. Our science outreach programme offers exciting opportunities for Year 4 and Year 6 pupils from schools across the Frome area.

For our younger participants in Year 4, we have designed a series of 'Fun Science Activities' that bring scientific concepts to life through engaging experiments, interactive demonstrations, and hands-on projects. These activities aim to spark curiosity and ignite a passion for exploration and discovery.

Meanwhile, our 'CSI Masterclass' for Year 6 students provides a thrilling introduction to the world of forensic science. Participants will have the chance to investigate a mock crime scene, collect and analyze evidence using various forensic techniques, and even attempt to crack codes and decipher secret messages.

One of the highlights of our outreach programme is the involvement of our own Year 12 and 13 students, who enthusiastically serve as mentors and role models, sharing their love for science with the younger pupils. This not only inspires the next generation but also provides valuable leadership and communication experiences for our senior students.

We believe that these immersive and interactive activities will not only make science more accessible and engaging but also offer a glimpse into the exciting opportunities available at Frome College. By fostering a passion for science from an early age, we hope to nurture the minds of future scientists, innovators, and critical thinkers who will shape our world.

Extra-Curricular 2023-24 Term 5 and 6

Registration

Day	Activity	Start Time	End Time	Room	Staff Lead	Email Enquiries
Monday Week 2	Earth House Ambassadors' Meeting	8.45am	9.15am	Aspire	Mrs A Le Pivert	alepivert@fromecollege.org

Break Time

Day	Activity	Start Time	End Time	Room	Staff Lead	Email Enquiries
Tuesday	Student Librarian Club	11.15am	11.45am	Library	Mrs N Owstley	nowstley@fromecollege.org
Thursday	Models and Miniatures	11.15am	11.45am	S7	Mr B Wilkins-Pratt Mr D Barry	Bwilkins-pratt@fromecollege.org dbarry@fromecollege.org

Lunch Time

Day	Activity	Start Time	End Time	Room	Staff Lead	Email Enquires
Monday	Cartoons in Spanish	1.45pm	2.15pm	I3	Ms M Kreile	mkreile@fromecollege.org
Monday	Frome Darts League (All years)	1.45pm	2.15pm	Dance Studio	Mr J Forrest	jforrest@fromecollege.org
Monday	Music Tech Club	1.45pm	2.15pm	A10/A11	Mr J Hampson	jhampson@fromecollege.org
Tuesday	Frome Darts League (Year 9)	1.45pm	2.15pm	Dance Studio	Mr J Forrest	jforrest@fromecollege.org
Wednesday	Frome Darts League (Year 10)	1.45pm	2.15pm	Dance Studio	Mr J Forrest	jforrest@fromecollege.org
Thursday	Choir	1.45pm	2.15pm	A10/A11	Helen Temmink	?
Thursday	Frome Darts League (Year 11)	1.45pm	2.15pm	Dance Studio	Mr J Forrest	jforrest@fromecollege.org
Thursday	Unseen Poetry Practice	1.45pm	2.15pm	E5	Miss J McLoughlin	jmcloughlin@fromecollege.org
Friday	Board games Club	1.45pm	2.15pm	S5	Mrs C Bish	cbiss@fromecollege.org
Friday Week 2	Carom Maths Club	1.45pm	2.15pm	M6	Mr J Griffiths	jgriffiths@fromecollege.org

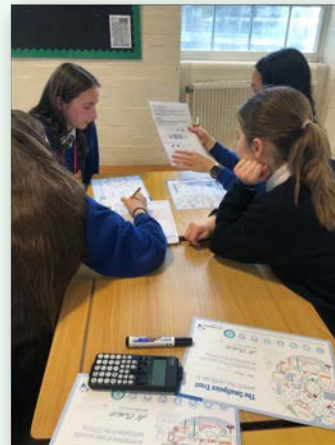
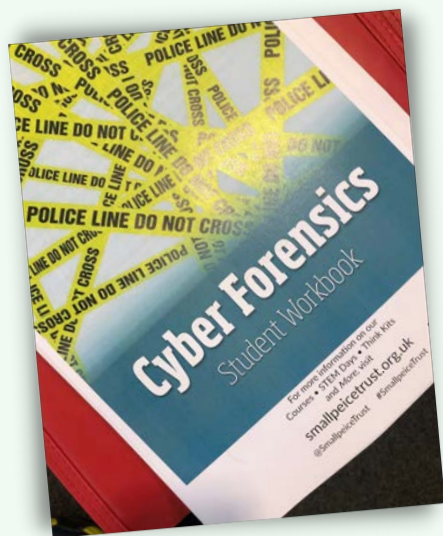
After College

Day	Activity	Start Time	End Time	Room	Staff Lead	Email Enquiries
Monday	Dance Club	3.30pm	4.15pm	Dance Studio	Miss S Harper	sharper@fromecollege.org
Monday	Science Revision GCSE	3.15pm	4.15pm	S9	Mr P Jones	pjones@fromecollege.org
Monday	Year 9 Art Club	3.15pm	4.15pm	A6	Miss S Mathis	smathis@fromecollege.org
Tuesday	BTEC Sport Catch up and Revision (Y11)	3.15pm	4.15pm	A12	Mr D Jones	djones@fromecollege.org
Tuesday	CCF	3.15pm	5.30pm	P1	Bailey/Pavli/Perry	sbailey@fromecollege.org tpavli@fromecollege.org sperry@fromecollege.org
Tuesday	Film Club (Sixth Form only)	3.15pm	4.15pm	E6 and E11	Mr S Drew	sdrew@fromecollege.org
Tuesday	Music GCSE Revision/Coursework	3.15pm	4.15pm	A10/A11	Mr J Hampson Miss V James	jhampson@fromecollege.org vjames@fromecollege.org
Tuesday	Rounders Club (All years)	3.15pm	4.15pm	Astro	Miss A Wilson Mrs L Sypko	awilson@fromecollege.org lsypko@fromecollege.org
Tuesday	PE GCSE Paper 1 Revision (Year 11)	3.15pm	4.15pm	P1	Mr M Howlett	mhowlett@fromecollege.org
Tuesday	Science Revision GCSE	3.15pm	4.15pm	S9	Mr P Jones	pjones@fromecollege.org
Wednesday	Badminton Club (all years)	3.15pm	4.15pm	Sports Hall	Mr P Comber	pcomber@fromecollege.org
Wednesday	Bronze DofE Training	3.15pm	4.15pm	A12	Mr T Pavli	tpavli@fromecollege.org
Wednesday	Frome Darts League	3.15pm	4.15pm	Dance Studio	Mr J Forrest	jforrest@fromecollege.org
Wednesday	Music GCSE Revision/Coursework	3.15pm	4.15pm	A10/A11	Mr J Hampson Miss V James	jhampson@fromecollege.org vjames@fromecollege.org
Wednesday	PE GCSE Paper 2 Revision (Year 11)	3.15pm	4.15pm	P1	Mrs L Sypko	lsypko@fromecollege.org
Wednesday	Softball and Cricket Club (All years)	3.15pm	4.15pm	Astro	Mr J Brown	jbrown@fromecollege.org
Wednesday	Tennis Club (All years)	3.15pm	4.15pm	Astro	Miss R Gee	rgee@fromecollege.org
Wednesday	Textiles Years 10 - 13	3.15pm	4.15pm	T4	Mrs C Gale	cgale@fromecollege.org
Thursday	Athletics Club (All years)	3.15pm	4.15pm	Change in Dance Studio	Mr D Jones Mr m Howlett	djones@fromecollege.org mhowlett@fromecollege.org
Thursday	Debate Club Y9	3.15pm	4pm	E3	Mrs S Henry	shenry@fromecollege.org
Thursday	DT Sustainability Club and Earth House	3.15pm	4.15pm	DT	Mr D Gosting Mrs A Le Pivert	dgosting@fromecollege.org alepivert@fromecollege.org
Thursday	Models and Miniatures	3.15pm	4.15pm	S7	Mr B Wilkins-Pratt Mr D Barry	Bwilkins-pratt@fromecollege.org dbarry@fromecollege.org
Thursday	String Group	3.15pm	4pm	A10/A11	Ms Sloane-Hill	?

We continually review what clubs we can offer. If there is a club a group of students would particularly like to do, please email our Pastoral Lead K Windsor@fromecollege.org who will see if the activity is possible.

AIM Programme

with Dr Ruggiero, AIM Lead



We welcomed 36 Year 8 girls from Avanti Park School, Oakfield Academy, and Selwood Academy to work with our Year 9 and 10 AIM girls in a cyber forensic investigation. Students worked in groups of 5 to gather and analyse evidence of a cyber crime using ethical hacking, data sifting, Vigenere ciphers and deductive reasoning. Thank you to [The Smallpeice Trust](https://www.smallpeicetrust.org.uk) for a fantastic day of investigation and logical skill building.



30 students from the AIM programme visited Bristol University for immersive workshops in quantum physics and astrophysics. They solved mathematical problems to calculate exoplanet radii and conducted a spectroscopy experiment using special glasses.

The day culminated with a campus tour led by current students. The group explored the chemistry and biological sciences buildings, as well as the historic Wills Memorial Library.

The AIM programme's visit, hosted by Bristol's Science Outreach team, provided a valuable opportunity for students to deepen their understanding of cutting-edge scientific concepts through hands-on activities. Initiatives like these inspire the next generation of researchers.



Want to build your confidence?

Place2Be can help you feel empowered, and ready to face life's challenges. If you need to talk, we're here to listen.



Your Place2Be person is

Ellen Lloyd

To book an appointment

elloyd@fromecollege.org

Post-16 News

Robotics Update

Our 6th form robotics team #FreekDelano competed at The First Tech UK Challenge in Bournemouth. The team worked hard, going through judging, robot inspection, field inspection and 5 intense qualifying matches.

While they didn't make the finals this year, it was an incredible learning experience. The team collaborated with alliance partners and felt the pressure of timed competition rounds. A huge thank you to their sponsor Domesticare for helping the team get to regionals! The team is already excited to rebuild and come back stronger next season. This was just the start for #FreekDelano!



Our Year 12 Physics students took an exciting field trip to [Siemens Mobility Ltd.](#), a leading manufacturer of rail and mobility technologies. They learnt how Siemens integrates physics, programming, and engineering principles into designing and producing high-tech rail solutions that keep trains running safely and efficiently.

A highlight of the visit was touring Siemens' state-of-the-art research and development facilities. They watched engineers testing new signaling and control systems using advanced simulations. Some students even got to try out a rail traffic management simulator! It was fascinating to see how the physics concepts studied in class are applied to real-world innovations in railway technology, bringing physics lessons to life.

Thank you to Siemens for an exhilarating day immersed in the world of rail technology. Our students left with a greater appreciation of the integral role physics plays in advancing transportation systems for the future.



Community News

Frome COLLEGE Fundraising in aid of **why... we hear you** Cancer Counselling

Fundraising for WHY
We Hear You (WHY) is a specialist cancer counselling charity operating across Somerset, BANES and Wiltshire.

WHY has offered free specialist counselling to Frome College students since 2008, improving the lives of hundreds of young people going through tough times. Visit the link below or scan the QR code to support WHY

bit.ly/frome-college-why

YPPG
Youth Patient Participation Group

Frome Medical Practice
SUPPORTING YOUR HEALTH

The last Wednesday of every month from 4pm - 5pm, upstairs at Frome Medical Practice, Enos Way, Frome, BA11 2FH

Poster designed by Jess & Jace McAlpine

kooth For ages: 11-25

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:

- Magazine**
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

Sign up for free at Kooth.com

WHAT'S IN YOUR VAPE?

Vaping products claiming to be cannabis / THC are illegal Class B drugs. Therefore there is no regulation, so it is impossible to know what they contain and what the effects will be.

YOUNG PEOPLE'S DRUG & ALCOHOL SERVICE

WE SUPPORT AND LISTEN

S.D.A.S. TURNING POINT



Congratulations to Dr Smith and his son, Sam, who ran the Bath Half Marathon in aid of local charity Purple Elephant, raising £737

Frome College admin staff held a Christmas Fayre in aid of Odstock Ward at Salisbury Hospital, raising £428.50 . Well done to all involved!



Talking to a young person about: Cannabis / THC Vapes



Context

There have been several recent local incidents where young people have become unwell after intentionally vaping liquids that they believed contained THC (the psychoactive compound found in cannabis), but unknowingly contained a more harmful synthetic drug known as Spice.

We hope this guidance may help you feel informed when talking to a young person about the dangers of Spice.

What is Spice?

Spice is a popular name for Synthetic Cannabinoids: Class B drugs under the Misuse of Drugs Act.

These substances are not cannabis. They have been designed in a lab to mimic the desired effects of cannabis but are much stronger and produce more frequent negative side-effects that can require hospitalisation.

Spice can exacerbate mental health problems and anxiety. Regular use of Spice can lead to dependence (addiction) and withdrawal.

Vaping Products

Vaping products claiming to be cannabis / THC are controlled as Class B drugs under the Misuse of Drugs Act. Because they are illegal, there is no regulation, so it is impossible to know what they contain and what strengths they are. There is an increased risk of purchasing Spice.



These products can be brought online and through encrypted messaging apps (like Telegram). Vaping products are available in various forms, such as disposable vape devices or e-liquids that can be used with reusable vaping devices.

The best way to avoid any risk of harm is to avoid using illicit vaping products.

Please note: Consumer CBD (cannabidiol) products derived from cannabis are legal. These are sold for their potential to produce 'wellbeing' benefits, including reducing anxiety and relieving pain.

0300 303 8788 (24/7 helpline)
SDAS@turning-point.co.uk
www.turning-point.co.uk/somerset



Follow Us @SDASdigital



Somerset Drug & Alcohol Service is commissioned by Somerset Council

Overdose

Spice strength varies a lot, increasing the risk of overdose. In all drugs cases it is always advisable to treat the symptoms and not the drug, as people may not have taken the drug that they think they have. **If you suspect a Spice overdose, call an ambulance immediately.**

General Symptoms include:

- loss of consciousness
- breathing difficulties
- seizures
- high temperature (more than 38.5°C)
- severe chest pains
- vomiting

Spice overdoses have been known to cause Serotonin Syndrome, where symptoms can also include:

- twitching or jerking movements
- fully dilated pupils
- shivering

Top Tips for Speaking to Young People about Drugs

It is helpful to **be as factual as possible** so that the message is credible and **makes sense to the young person**. Presenting your concerns as coming from a place of wanting to care, and making sure the young person is well, provides the opportunity for good discussion. It is always **helpful to listen** to what the young person says, **so that they feel heard**. This can often reassure you.

It is important to remember that:

- Most young people do not vape.
- Young people in your care may not be interested in cannabis-based vape products.
- Most young people who have tried vaping have only used nicotine-based or flavoured nicotine-free vape products (it is illegal to sell nicotine vaping products to anyone under 18).
- Only a small number of young people who do vape use cannabis / THC products.

For further information and harm reduction support for parents, carers or young people contact SDAS for free and confidential advice including:

- Family Support for parents and carers of young people using drugs and/or alcohol.
- Hidden Harm, the impact on children affected by other people's drugs and/or alcohol use.
- Support for individuals using drugs and/or alcohol who want to make changes.

For additional information we'd recommend you visit: Talk to Frank www.talktofrank.com

0300 303 8788 (24/7 helpline)

SDAS@turning-point.co.uk

www.turning-point.co.uk/somerset



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Somerset
Council

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Somerset Drug & Alcohol Service is commissioned by Somerset Council

Safeguarding Notices

Attendance

In the case of absence or late arrival please contact us as soon as possible.

Email: FCC.Attendance@fromecollege.org

Telephone 01373 469008(Attendance) or 01373 465353(choose option 1).

Students are not allowed to leave the campus at any time during the day, except by prior arrangement (e.g. medical appointment) or if they are feeling unwell and have been seen by a First Aider.

Your child will need to go to Student Services to sign out. When you come to collect your child, please buzz at the gate in the lower car park (to the right of the Merlin Theatre); Reception staff will ask Student Services to send your child to meet you.

If your child arrives back at College later in the day, they will need to sign in at Student Services.

*For all student-related, concerns or queries please phone
01373 469037*

New contact details?

If you change your mobile, home or work phone numbers, email address, home address or emergency contacts, please don't forget to let us know!

Contact the Admin Team:

Email: office@fromecollege.org

Telephone: 01373 465353

Write: Admin, Frome College, Bath Road, Frome, Somerset, BA11 2HQ.

Mobile Phone Policy

Students may bring personal hand-held devices (e.g. phone/tablet) to school with them, but can only use it at break and lunch. Phones must be switched off and not visible during or between lessons.

If students use a device when it is not permitted, it is liable to be confiscated. Students must only access the internet using the College's filtered WiFi. Earphones are not to be visible at any time during the College day.

All such items are brought into College at the student's own risk. We cannot be responsible for any loss/damage.

Frome College Matters
Term 4 2023/24

www.fromecollege.org

