

# The Bulletin

Our value this half term is  
**SELF-CONFIDENCE**

Friday 23rd February

Dear Parents and Carers,  
Hope that you all had a restful half-term. This week it has been so positive to hear of some students returning to their mainstream settings and beginning another chapter in their educational journey – we wish them the best of luck.

It has been nice to feel the brighter mornings and longer evenings this week and have seen it benefit many of our student’s ability to be punctual in the morning.

Please ensure your child arrives to school in a timely fashion, some students are consistently receiving “U” mark as they are arriving very late to school. We appreciate your support in this matter.

The students in the centre had their first session at the gym this afternoon which they were looking forward to, physical exercise is so important for good mental health.

Have a good weekend.

Louise.

**Our vision:**  
To provide a safe, enriching and nurturing environment, with wellbeing at its heart; where children and young people, can learn, gain confidence and thrive.

**Our values:**  
To promote **resilience, self-confidence, tolerance, and respect**

**Our aims: ‘Building confidence for the future’**

If you would like to book an appointment with our school nurse Charlene please contact the school office or contact her directly on:

[charlene.stewart@nhs.net](mailto:charlene.stewart@nhs.net) 07931 733 526



**Parent/Carer Support Group – ADVANCE NOTICE**

Thank you to those that attended the session just before half-term.

Please do join us virtually or face-to-face for our next session on **Wednesday 27<sup>th</sup> March 9.30 -10.30**



**Vapes containing Spice - Health Harms experienced by Young People**

Last week the Metropolitan Police informed Public Health leads across London of five young people aged 14-16 years who on 29th January 2024 were hospitalised with relatively serious health harms having used vapes which toxicology results have confirmed to contain Spice. Last week, Public Health received a report from the Metropolitan Police of vapes containing cannabis involving 2 young people who also experienced health harms. At present we do not know how wide the issue of vapes containing illegal drugs is, and whether the young people involved planned to buy illegal drugs. In the latest incident, the vape was a blue and purple coloured rechargeable metal vape device labelled ‘Vapresso’, which held blue liquid residues within a clear plastic chamber of a silver and black cartridge. At present we do not have information on how these vapes were purchased. If you need further advice and support about Vaping or any issues relating to drug and alcohol use then please contact Elev8 who provide support to young people in Brent as part of the VIA New Beginnings Drug and Alcohol Service.

**Weight Loss Support**

This face-to-face, 12-week weight management programme covers a range of topics and activities related to energy balance, portion sizes, breakfast, supermarket shopping plus weekly physical activity sessions + more!

If you are concerned about your child’s weight and would like some support please reach out in confidence to discuss a referral to beezee bodies,



**Here to listen: our safeguarding team**



Designated safeguarding lead (DSL): **Louise Togher**  
Contact details: **07735826382**  
**ltogher@ashleycollege.brent.sch.uk**



Deputy DSL: **Ranjna Shiyani**  
Contact details: **07900192271**



Deputy DSL: **Anne-Marie Mika**  
Contact details: **07866217122**

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

