



AGS Weekly

Allerton Grange School Weekly Newsletter

Dear Parents, Carers and Students,

It has been a real pleasure to complete our first full week back at Allerton Grange and to see the school buzzing with energy, enthusiasm and positivity.

Walking around the school this week, I have been struck by the number of smiling faces, the calm and purposeful atmosphere in lessons, and the pride our students are taking in their learning. Classrooms have been full of thoughtful discussion, creativity and hard work, and our students have returned with a fantastic attitude towards both their studies and wider school life.

The start of a new academic year always brings excitement and anticipation, and this week has reminded me what a special community we have at Allerton Grange. Our students have demonstrated the values of Ambition, Respect, Courage and Responsibility in abundance, and I would like to thank them for the excellent way they have approached the new term.

I would also like to thank our staff, who have worked incredibly hard to ensure a smooth and successful start to the year, and our parents and carers for your ongoing support. The partnership between home and school is vital, and it makes a significant difference to the success of every young person.

Attendance Matters

One of the most pleasing aspects of this week has been our attendance.

On Thursday, whole-school attendance reached 96.2%, with Year 7, Year 8 and Year 9 all achieving over 97% attendance. This is an excellent start to the year and reflects the commitment of our students and the support provided by parents and carers.

Thank you for the part you play in ensuring your child attends school every day and arrives ready to learn. Good attendance is one of the strongest predictors of academic success and student wellbeing.

A few important facts highlight why attendance is so important:

- A student who attends school for 95% of the year still misses around 10 school days.
- Missing just one day every two weeks amounts to almost a month's worth of lessons over the course of a school year.
- Students with strong attendance are far more likely to achieve their potential, build positive relationships and take full advantage of the opportunities available to them.

Every lesson matters. Learning builds over time, and students who attend regularly are better placed to develop confidence, consolidate their understanding and make sustained progress.

Our excellent attendance this week is something we should all be proud of, and I would particularly like to thank parents and carers for supporting our high expectations. Together, we can ensure every child benefits from the rich educational experience available at Allerton Grange.

Looking Ahead

As we move further into the term, there is much to look forward to. Students are already settling into routines, engaging with new learning and taking part in the wide range of opportunities that make Allerton Grange such a vibrant community.

Thank you once again for your continued support. I hope everyone has a restful and enjoyable weekend, and I look forward to another successful week ahead.

**Best wishes,
Andrew Norrington
Headteacher**

Road Safety

Parents and Carers - We need your help to keep all members of our community safe as there have been a number of near miss accidents outside school.

If you are driving your child to school, particularly along Talbot Avenue, we ask that you take care, be considerate to pedestrians and other drivers, and follow the Highway Code (INDICATE BEFORE STOPPING AND BEFORE DRIVING AWAY; DO NOT STOP ON YELLOW ZIG ZAG LINES OUTSIDE OF SCHOOL; DO NOT USE THE SCHOOL ENTRANCE TO TURN AROUND; DO NOT DO A THREE POINT TURN OUTSIDE OF SCHOOL).

Where possible, please drop your child off further away so they can walk the last part of their journey to school. Thank you for your support.

Reminder for students

We have seen a concerning number of children being distracted while walking to school or stepping out into the road without looking.

Please remind your child(ren) that they need to keep themselves safe while they are out and about.

- Always walk down the street to use a crossing. Don't take the shortcut and cross in-between parked cars.
- Always wait until you've crossed the road safely before looking at your phone. Don't let it distract you.
- When you cross the road, stand on the pavement behind the kerb, avoiding bends or the top of hill where you can't see clearly.
- When using a pedestrian crossing, stop and wait for the green man AND then check traffic has stopped in both directions.
- Before you cross the road, stop and look right, look left, look right again to double check that it's clear before you cross.
- Always wait when you see a car coming, even if you think there is time to cross. It's not worth the risk.
- Remember that using headphones and listening to music means you can't hear traffic and other road users as clearly. Make sure you stop and check carefully before you start crossing the road.
- If you are cycling, make sure you are wearing reflective clothing, have working lights and following the Highway Code.
- You must always wear a helmet to protect your head if you fall off your bike. Make sure it fits and the strap is snug under your chin.
It could save your life.



Eyes Up

Put your phone away, look out for your friends and don't distract them. Stay focused near traffic - Look right, left and right again before crossing the road and continue looking and listening while you cross.

Slow Down

Take care and don't run across the road when traffic is coming, even if you think there is time. It can be difficult to judge the speed of traffic. If traffic coming, let it pass.

Cross Safely

Always find a safe place to cross, use a pedestrian crossing if there is one and chose a place where you can see clearly in all directions.



Dates for your Diary:

Monday 14 September - Maths London Trip Parents Information Evening (Online), 4.30 pm

Wednesday 16 September - Year 11 Supporting Success Evening, 6.00 - 7.00 pm

Monday 21 September - EPQ Presentation Evening, 3.15 - 4.15 pm

Wednesday 23 September - Year 12 Welcome Event and Year 13 UCAS Information Event, 5.00 - 6.30 pm

Thursday 24 September - Open Evening, 6.00 - 8.00 pm, [book your place here](#)

Friday 25 September - Training Day, School closed to students

Wednesday 30 September - Year 7 Supporting Success Evening, 5.00 - 6.00 pm

Monday 5 to Tuesday 6 October - Maths London Trip

Wednesday 7 October - Year 10 Supporting Success Evening, 5.00 - 6.00 pm

Wednesday 14 October - Year 8 Supporting Success Evening, 5.00 - 6.00 pm

Tuesday 20 October - Year 9 Supporting Success Evening, 5.00 - 6.00 pm

Thursday 22 October - KS4&5 Concert

Friday 23 October - Culture Day

Monday 26 to Friday 30 October - Half Term - School is closed

Monday 2 November - School reopens

Thursday 5 November - Year 11 and Year 13 Whole Year Group Photo

Training Days 2026-27

The Training Days this school year, when school is closed to students, are on:

Monday 1 September 2026 ✓

Friday 25 September 2026

Friday 27 November 2026

Monday 4 January 2027

Monday 22 February 2027

Parent/Carer Evenings

For the 2026-27 academic year, Parents' Evenings will continue to be online/virtual meetings.

Bookings open for each Parents' Evening 2-3 weeks before the event. Parents and carers will receive a letter from school prompting you to book appointments. Appointment times are 4.30 pm to 7.30 pm.

- 8 October 2026 - Year 13 Parents' Evening
Letters are due to be sent out to parents and carers on 17 September.
- 19 November 2026 - Year 9 Parents' Evening
- 1 December 2026 - Year 12 Parents' Evening
- 13 January 2027 - Year 11 Parents' Evening
- 26 January 2027 - Year 7 Parents' Evening
- 4 February 2027 - Year 10 Parents' Evening
- 16 March 2027 - Year 8 Parents' Evening



We're working
towards Artsmark
Awarded by Arts
Council England

We Will Rock You Auditions



Music Ambassadors - Apply Now!

Music Ambassadors play an important part in supporting music activities in school including hosting concerts, running 'front of house', taking tickets at the door, baking cakes, setting up stalls selling food and drinks, and making posters to promote concerts and events.

Students are invited to apply to be a Music Ambassador by Friday 2 October 2026.

To apply, students need to write a couple of paragraphs outlining what they would like to get involved with, what their skills are, if they're musical. They can also include any ideas they have for the Music department. You can drop your application off in the Music Pod or email your Music Teacher.



Welcome to Sixth Form!

On Monday, it was the first day of Sixth Form for Year 12 students.

Year 12 have had a busy week getting settled in, with photos taken for ID badges, timetables being confirmed, lessons starting and new friends made.

They also had their first whole Sixth Form assembly (along with Year 13) with Mr Macrow (Director of KS5) and Mrs Knox-Renshaw (Curriculum Leader for Sixth Form).



AGS Students perform at Slung Low

Over the summer holidays Mrs Spencer-Matthews was privileged to attend a performance written and directed by our very own Isla in Year 11 (and produced by Naomi from Year 11 at Roundhay School) at Slung Low's theatre in Holbeck.

Isla has written a fast-paced, thrilling and very clever play Remedy that deals with fame, murder and the pursuit of staying on top. Along with friends from AGS and beyond, she has formed the theatre company NION who are building a reputation for being a formidable company of young theatre makers. Ollie G, Imogen S and Elizabeth B crafted exceptional performances, grappling with mature themes and some really quite deliciously gruesome details. AGS Drama are absolutely blown away by the ambition, courage and responsibility of these young people. They have created something truly special in their summer holidays and we can't wait to see what they turn their hand to next!



Allerton Grange Student Virtues

Focus for Half-term 1: Respect

At Allerton Grange, we believe that education is about much more than academic achievement.

We are committed to helping our students develop the personal qualities and values that will enable them to succeed both in school and beyond.

By being respectful, responsible, ambitious and courageous, our students won't only achieve academic success but, more importantly, develop into well-rounded individuals who thrive in all areas of their lives and make positive contributions to their communities and society as a whole.



We recognise the importance of these qualities and are committed to providing opportunities for students to develop and embody them throughout their time at school.

These virtues are at the heart of everything we do and underpin all aspects of school life, including our Personal Development programme, which encompasses PSHE, careers education, and a wide range of enrichment opportunities both within and beyond the classroom.

We encourage students to embody our four core **Student Virtues: Respect, Responsibility, Ambition and Courage**. These qualities help young people build positive relationships, make good decisions and contribute positively to their community.

Recent student voice surveys showed that some students found it difficult to identify examples of these virtues in everyday life. To support their understanding, we will be focusing on Respect throughout this half term.

Respect is the foundation of a positive and supportive school community. When we treat others with kindness, consideration and respect, everyone feels valued, safe and included.

Respect is often shown through small everyday actions, such as listening carefully to others, using good manners, and showing appreciation. Simple words like please, thank you and sorry can make a significant difference to our interactions and help build stronger relationships.

We ask for your support in reinforcing these values by talking regularly with your child about the importance of being respectful, responsible, ambitious and courageous, and by encouraging them to demonstrate these virtues in their everyday lives.

By encouraging students to practise respect every day, we are helping them develop a lifelong skill that will benefit them at school, at home and in their future lives.

Drama Fundraising for the Local Community

Last weekend, Mrs Spencer-Matthews took part in the Yorkshire 3 Peaks challenge with over 40 women over 40, and reports:

"I set myself the challenge of being able to complete Ingleborough, which was the hardest thing I have ever done - I'm not exaggerating when I say I had to push myself to the absolute limit to get back up and down that mountain. Battling the elements, scrambling on my hands and knees and finishing in the dark - I am still in shock that no helicopters were involved. No matter how hard it was, it was nothing compared to what happened to Max and what his family are going through. Remembering why I was doing this, all the way along got me through."

The goal is to create a lasting legacy to Max in the form of a permanent home for his beloved football club North East Leeds FC, where many young people in our AGS community are also proud players.

If you would like to support this challenge for Max, for our students and wider community then do [check out the fundraiser](#). Thank you.



The Big Future Survey - Have your voice heard

Dame Rachel de Souza, Children's Commissioner for England, is asking all children and young people to complete The Big Future survey.

Dame de Souza says: "It is crucial that children at your school have the chance to add their voices too, so that their experiences, views and aspirations are represented when I present the findings of the survey to Government."

Every child's voice matters, and I want to make sure that children and young people in every school and college, in every community, have the opportunity to shape the picture of childhood that I will share with Government."

[You can find out more about The Big Survey by visiting the website](#)



[You have until 23 October 2026 to complete the survey](#)

Extra-Curricular Activities Calendar- Term 1: September to December

Monday	Tuesday	Wednesday	Thursday	Friday
Silent Study- Library 3-4pm JEI	Silent Study- Library 3-4pm JEI	Silent Study- Library 3-4pm JEI	Silent Study- Library 3-4pm JEI	Dungeon & Dragon Club ALL welcome 3-4pm L20 BFI
SEND Homework Club 3-4pm L34	SEND Homework Club 3-4pm L34	SEND Homework Club 3-4pm L34	SEND Homework Club 3-4pm L34	KS4 - Software Development Club Week A & B I001
We Will Rock You Pit Band (invite only) 3-4pm M001 TCa	Junior Concert Band (Suitable for grade 1-3 musicians) 3-3.30pm M003 ACu/Cro	Jazz Band (Suitable for grade 2 and above musicians and singers) 3-4pm M003 ACu/PPI	Choir (Chamber choir) 3-4pm M002 ASH	KS3 - Coding Club Week A & B I002
We Will Rock You Musical Vocal Rehearsal (invite only) 3-4pm M022 ASH	Senior Concert Band (Suitable for grade 3-8 musicians) 3-4pm M001 TCa	Year 7 School of Rock! (Suitable for students who can play a rock based instrument / sing) 3-4pm M001 Ndu/AMa	Year 8-13 Advanced Rockers! (Suitable for students who have attended School of Rock before/ can play a rock based instrument/sing) 3-4pm M001 DSu/ AMa	
KS3 Art Club A002	Grade 5 Theory Club (All GCSE & BTEC students) 3- 4pm M001 ASH	Years 8 & 9 Drama Club- ALL welcome 3-4pm Hall	Latin Club- All year groups L20	
We Will Rock You Lead & vocals- invite only 3-4pm D001	Years 7 Drama Club- ALL welcome 3-4pm D001		AGS Dance – All welcome 3-4pm Hall	
	Year 9/10/11Netball MUGA JAD	Year 9/10 Football Field DTO/ KOr	Year 7/8 Netball MUGA ECa	
	Year 7 Boy's Football Field SNO	Girls Football Field JAD	Girls Rugby Field KGo	
	Year 8/9 Rugby Field JGa	All Year's Badminton Sports Hall SNO / ECA	Year 7 Rugby Field JGa	
	KS3 Art Club 3-4pm A001 ETa	KS3 Art Club 3-4pm A001 ETa	Year 8 Football Field DTo	
	KS4/5 ART/PHOTOGRAPHY- Drop in sessions' 3:00-4:00pm with PFI/KCR/JVM- A002- 4	KS4/5 ART/PHOTOGRAPHY- Drop in sessions' 3:00-4:00pm with PFI/KCR/JVM- A002- 4		
	KS5 Social Sciences drop-in LS1	KS4 Technology Drop-in sessions 3-4pm Technology Pod		
	KS4 Technology Drop-in sessions 3-4pm Technology Pod		KS5 Social Sciences drop-in LS1	
	Pokemon Club ALL Welcome 3-4pm L8/9 DWa			

**ALL
YEARS
KS3
KS4
KS5**



WHAT'S ON AFTER SCHOOL IN PE?

	ACTIVITY	WHERE	STAFF
TUESDAY	Year 9/10/11Netball Year 7 Boy's Football Year 8/9 Rugby	MUGA Fields Fields	JAD SNO JGA
WEDNESDAY	Year 9/10 Football All Year's Badminton Girls Football	Fields Sports Hall Field	DTO/ KOr SNO / ECA JAD
THURSDAY	Year 7/8 Netball Girls Rugby Year 7 Rugby Year 8 Football	MUGA Field Fields Fields	ECA KGO JGA DTO

YOU MUST SIGN UP IF YOU WANT TO JOIN AND YOU WILL RECEIVE AN INVITE ON CLASS CHARTS
Sign up sheets are located on the wall outside the Sports Hall.
These clubs start the week beginning 16th September.
ALL CLUBS ARE FROM 3 - 4pm.

If the PE club is on a day you don't have a PE lesson, you will need to bring your PE kit with you and get changed after school.

Music Extra-Curricular Clubs 2026-27 (starting on Monday 14 September 2026)
 Students don't need to sign up, clubs are free to attend. They can store their instruments in the Music Department during the day. Any questions, come to the Music department and ask any members of the Music Team.

Day	Time	Room	Club	Teacher
Monday	3.00 - 4.00 pm	M001	We Will Rock You Pit Band (Invite only)	Mrs Casey
Monday	3.00 - 4.00 pm	M002	We Will Rock You Musical Vocal Rehearsal (Invite only)	Miss Shrimpton
Tuesday	3.00 - 3.30 pm	M003	Junior Concert Band (Suitable for grade 1-3 musicians)	Ms Cunningham/ Ms Robinson
Tuesday	3.00 - 4.00 pm	M001	Senior Concert Band (Suitable for grade 3-8 musicians)	Mrs Casey
Tuesday	3.00 - 4.00 pm	M002	Grade 5 Theory Club (All GCSE & BTEC students)	Miss Shrimpton
Wednesday	3.00 - 4.00 pm	M003	Jazz Band (Suitable for grade 2 and above musicians and singers)	Ms Cunningham/ Miss Pillow-Charlesworth
Wednesday	3.00 - 4.00 pm	M001	Year 7 School of Rock! (Suitable for students who can play a rock based instrument/sing)	Mr Dutton-Taylor/ Al Matthews
Thursday	3.00 - 4.00 pm	M002	Choir (Chamber choir)	Miss Shrimpton
Thursday	3.00 - 4.00 pm	M001	Year 8 - 13 Advanced Rockers! (Suitable for students who have attended School of Rock before/ can play a rock based instrument/ sing)	Mr Sumroy, Al Matthews, Mr Onyechi

Extra Curricular Drama & Dance



We must all do theatre to find out who we are and to discover who we could become
 (Augusto Boal)

MONDAY

We Will Rock You.
 Leads and vocals
 Invite only

3-4
D001



TUESDAY

We Will Rock You
 Y7 Drama Club
 Full Company
 All Welcome
 Hall
3-4
Drama 1



WEDNESDAY

Y8 and 9 Drama Club
 All Welcome

3-4
HALL



WEDNESDAY

We Will Rock You
 Core Dancers
 Invite Only

3-4
D001



THURSDAY

NEW FOR 2026!
 AGS Dance
 All Welcome

3-4
HALL



FOR MORE INFORMATION, PLEASE SEE MRS SPENCER-MATTHEWS OR MISS HULLOCK

School Uniform Changes from September 2026

We have made some **important updates to our School Uniform** in line with the national guidance set out in the Children's Wellbeing and Schools Bill.

These changes are designed to support families by reducing the overall cost of school uniform. This will be achieved by limiting the number of compulsory branded items and increasing flexibility in where uniform items can be purchased.

As a result, families are able to buy more items from a wider range of retailers, helping to ensure excellent value for money, while maintaining a smart and consistent appearance across our student body. We remain fully committed to a uniform that promotes pride in our school community, while also being affordable, practical and inclusive.

The only changes are to the PE kit, and full details are below.

All students need to have an AGS branded polo shirt and an AGS branded long sleeved top. All other PE kit does not need to be AGS branded eg plain navy football socks, plain navy shorts.

Allerton Grange School uniform

No jewellery other than plain, single, discreet studs, one bangle/band per hand and one plain ring per hand. One clear nose stud permitted.

Extreme hairstyles (as decided by the school) are not acceptable eg. hair curling (natural hair tones only), team lines, hair shaving – not below a grade 3. Navy blue, plain hair accessories are preferred style.

Minimal make-up permitted in years 7 - 11 (as decided by the school).

In the second half of the summer term, blazers and jumpers are optional. Long or short sleeved shirts must be tucked in and always worn with a tie.

AGS school tie:
Blue for KS3 (years 7, 8, 9)
Red for KS4 (Years 10, 11)

Navy blue blazer
with school badge

Religious hats: hijab/
turban/ kippah
navy blue, plain in
style

**Shalwar Kameez/
kurta:**
Mid-grey (straight,
knee-length, classic
style)

White shirt
(long-sleeved or
short-sleeved)
Shirts must be
tucked in at all
times

Trousers:
Mid-grey
(straight, full
length, classic
style) for boys or
girls

Skirts:
Mid-grey
(straight, knee
length, classic
style with or
without vent,
pleated or
non-pleated)
NO stretchy
tube skirts



Shoes:
Plain black with
flat or low heels.
No trainers
permitted

Socks:
Mid-grey or black
ankle socks.
No logos or designs

Tights:
Plain black or
neutral

**Coats should
not be worn
inside the school
building**

**Students must
follow ALL
uniform rules at
all times!**

Shoes: Plain black with flat or low heels. No trainers permitted



PE Kit:

AGS branded polo shirt
AGS branded mid-length long sleeved top
Navy shorts (plain, loose sports style shorts, standard 7/8th length leg, no logos, no cycling shorts or tight styles) **OR navy sports skirt** (plain, no logos)
Navy 'football style' socks - winter (plain, no logos)
Trainers (non-marking and clean for indoor activities)
Football boots (compulsory for boys and girls)

Optional PE kit items:
Plain white sports socks - summer (plain, no logos)
Navy jogging bottoms - winter (plain, loose style, no logos, no leggings)



This information is also available on the school website [School Uniform page](#).



SEND Parent Carer Monthly Drop Ins

Are you a parent or carer of a child with special educational needs and/or disabilities or waiting for your child's needs to be assessed? Are you struggling to navigate SEND systems or understand your child's needs and behaviours at home? Do you have questions about your options or where to turn next?

Meet Leeds City Council's Family Hub SEND Coordinator Amanda to access information and advice about the services, support and resources that are available to Families with children with SEND in Leeds.

Moor Allerton Community Hub, King Lane, Leeds LS7 5NY, 9.30 am to 12.00 pm
 Monday 20 April ✓ Monday 14 September
 Monday 18 May ✓ Monday 12 October
 Monday 15 June ✓ Monday 16 November
 Monday 13 July ✓ Monday 14 December

The Reginald Centre Community Hub, 263 Chapeltown Road, Leeds LS7 3EX, 9.30 am to 12.00 pm
 Tuesday 7 April ✓ Tuesday 1 September ✓
 Tuesday 5 May ✓ Monday 5 October
 Monday 1 June ✓ Monday 2 November
 Monday 29 June ✓ Monday 7 December
 Monday 20 July ✓

0 to 19 Public Health Integrated Nursing Service (0 to 19 PHINS)

The [0 to 19 PHINS](#) is a team that supports children and families to stay healthy. They offer a wide range of support and services for children, young people and families in Leeds. They provide routine health contacts through the Healthy Child Programme and can also offer additional support for children and families who need it.

Contact 0 to 19 PHINS:

Phone the Single Point of Access (SPA) from Monday to Friday, 8:30am to 5pm.
 Phone: 0113 843 5683

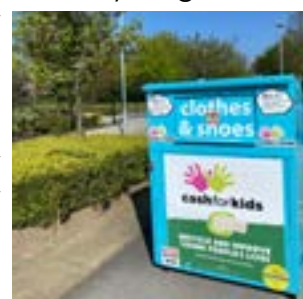
If you 11 to 19, you can contact them via [ChatHealth](#).

Text a 0 to 19 specialist public health nurse on 07520 619 750

Cash For Kids Recycling Bank at AGS

We have a Cash For Kids Recycling Bank in the school car park for donations of clothing, shoes and textiles.

If you're having a clear out, please consider donating textiles and clothing here.



Thank you for your support.

Social communication and interaction (including autism) team parent / professionals training

This session is free to both parent and professionals.

Parents can book their places by emailing leedsforlearning@leeds.gov.uk.

Emotional Wellbeing

- 11 November 2026, 10am to 11.30am
- 11 November 2026, 5pm till 6.30pm

This session will explore why autistic children and young people are at greater risk of poor mental health. We will discuss how we can work with children and young people to explore the causes of poor mental health, overcome barriers to wellbeing, and support the development of coping mechanisms. The session is best suited to parents and professionals supporting children of school age. The content may be less useful for those supporting children in the early years or who are developmentally equivalent to a child in the early years.

Sensory Support in the Home

- 3 March 2027, 10am to 11.30am
- 3 March 2027, 5pm till 6.30pm

This session will give a brief introduction to sensory processing and regulation, exploring its importance in supporting the wellbeing of autistic children and young people. The session will also offer advice around sensory support strategies that can be implemented in the home. This session is for parents and professionals supporting children of any age.

Keeping autistic children and young people safe online

- 5 May 2027, 10am to 11.30am
- 5 May 2027, 5pm till 6.30pm

This session is suitable for parents and professionals who are currently supporting children and young people to navigate the online world safely. During this workshop we will explore the importance of online media to autistic identity and wellbeing- to build positive connections and communities. We will also discuss how to monitor the safe use of online platforms and understand vulnerabilities when young people access these.

NHS Healthy Start Scheme

The NHS Healthy Start scheme helps families on low incomes buy healthy food and milk.

Women more than 10 weeks pregnant or families with a child under 4, may be entitled to access the scheme. Eligible families receive a prepaid card which can be used to buy fruit, vegetables, pulses, milk and infant formula. They can also receive free Healthy Start vitamins.

The card is topped up every four weeks. Eligible families receive £4.65 per week during pregnancy and for children aged one to four, and £9.30 per week for children under one.

Families can find out if they are eligible and apply online at www.healthystart.nhs.uk.



Neurodiversity Support Resources

The West Yorkshire Neurodiversity Programme and AllStar, have developed high-quality, practical, and accessible resources to support neurodivergent individuals and their families across Bradford, Calderdale, Kirklees, Leeds, and Wakefield.

Resources have been developed for the following key areas:

- School transitions
- Sleep
- Food

There are videos, booklets and audio formats, available in plain text, with or without subtitles, and with or without sound to suit different learning preferences.

The resources are [available here](#).

What's in Your Vape?

Following incidents with students using vapes, to help keep all members of our community safe, please read the information below, provided by Leeds City Council, about vapes and the dangerous substances they may contain.

WHAT'S IN YOUR VAPE?



An increasing number of vapes contain illicit substances - and it's impossible to know **which** ones they are without having them tested.

Most vapes that are sold as 'THC' or 'cannabis' actually contain **'spice'** - a synthetic drug that is much more dangerous and addictive.



Cannabis is a plant-based drug that can affect **mood, memory, and coordination**.

While it can still lead to dependence and mental health harms, there is no risk of fatal overdose.



"Spice" is the name given to a range of synthetic (man-made) drugs.

200+ types of spice have been identified so far.

They are all more dangerous and more unpredictable than cannabis. They carry a far higher risk of addiction, overdose, psychosis, seizures, and death.

"Spice" is incredibly cheap to produce. Criminals can make bigger profits by selling it as cannabis or THC. Recently over 95% of 'drug vapes' tested were found to contain 'spice'.



"Spice" has also been found in sweets and other foods sold as 'cannabis edibles' and in herbs sold as cannabis.

The only way to know what your drugs contain is to have them tested!



Free drug testing is available through Wedinos.



Scan for more info.



MYTHS & FACTS

Because **'spice'** & **'drug vapes'** are relatively new there is a lot of misinformation about them.

The number one rule of harm reduction is **know what you are taking**.

With vapes the only way to know is to **test!**

MYTH: You can tell if it's THC by the colour - it will be a greenish colour.

FACT: 'Spice' can be made in any colour, including those matching THC. Any colourful liquids are likely to be dangerous, fake nicotine liquids or 'spice'.

MYTH: You can tell if it's real by the price - THC and cannabis vapes/liquid will cost more.

FACT: While it's true that 'spice' is much cheaper to produce, dealers just have to raise the price to convince you it's THC! Then they make more profit!

MYTH: You can tell if it's THC by the type of coil in the vape.

FACT: THC can only be vaped via a ceramic coil, 'spice' can be vaped via **any** coil. If it's not ceramic it's not THC. Just because it's ceramic, doesn't mean it's THC.

MYTH: Thick vape liquid, or liquid that traps bubbles is real THC or cannabis.

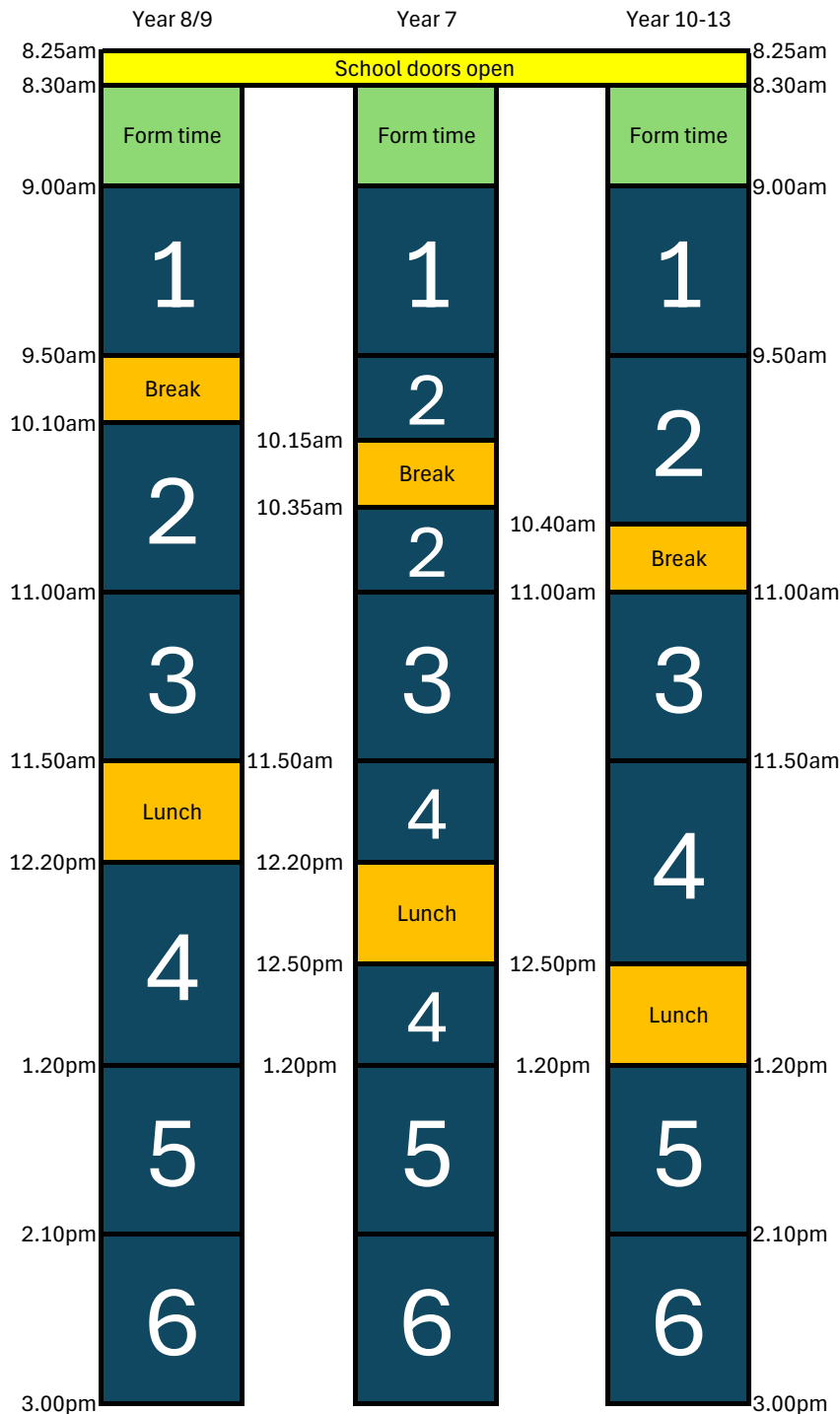
FACT: Vape liquids can be made thicker or thinner, whatever the dealer wants. There is no way to be sure without testing!

HAVE QUESTIONS OR WANT MORE INFO?

[ForwardLeeds.co.uk/yp](https://www.forwardleeds.co.uk/yp)
0113 887 2757
admin.yp@forwardleeds.co.uk



SCHOOL DAY



After School Arrangements

This is a reminder that all students should leave the school site by 3.10 pm. There isn't anywhere inside school where students can wait. The only students in the building must be involved in Enrichment sessions, Session 7, Isolation/Reflection or detention.

Detention times:

Stage 1 Detention - Mondays 3.00 - 3.30 pm
(30 minutes)

Stage 2 Detention - Mondays 3.00 - 4.00 pm
(60 minutes)

SLT Detention - Wednesdays 3.00 - 4.30 pm
(90 minutes)

Isolation/Reflection takes place between 9.00 am - 3.00 pm/3.30 pm/4.00 pm depending on behaviour.