



## THE PALMER CATHOLIC ACADEMY

Part of The Good Shepherd Catholic Trust

15<sup>th</sup> July 2021

Dear Parents/Carers

I wish to write to you all concerning some very serious matters, and as ever look to your support. I also ask parents/carers to receive this letter with an open-mind, discuss with your child(ren) and not to dismiss it as 'not my child'.

### **Visiting local shops before/after school**

The academy's stance to not visit local shops before and after school has been a long-standing expectation and one which I remind parents/carers regularly. In recent months we have seen more local shops open up that attract students to visit. The choice of diet for many students can often consist of high-energy drinks, cakes, sweets and other unhealthy processed foods.

Visiting local shops is not permitted and doing so I deem as direct defiance. Please reiterate this with your child, thank you.

### **Vaping**

Vaping and possession of any vaping materials is prohibited. Vapes are easily accessible to students from various sources and the vape substances can be highly dangerous and damaging to children including cannabis based substances, often termed THC. Any use of / possession of / selling of any form of vape and THC is a matter of exclusion. **Possession of / misuse of any drugs, medicines legal highs or solvents is a most serious matter, please see page 9 of the Behaviour and Discipline policy.**

### **Edibles**

A more recent growing risk is the consumption of what are called 'edibles'. Edibles consist of cannabis being mixed into cakes (hash brownies), tea, yoghurt or sweets, gummies and lollipops. The amount of cannabis in these products can vary greatly and sometimes other harmful drugs are added too. 'Edibles' are being promoted on some social media platforms such as Snapchat and Instagram.

The effects of consuming edibles are unpredictable and it can be very easy to accidentally take a larger dose. Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the user may end up consuming larger amounts of the drug while thinking the drug isn't working.

Overdosing with edibles can be a greater risk because of this. We ask that you monitor food packaging/wrappers at home looking for wording such as CBD or THC suggesting the items are cannabis oil infused. Please be mindful of the medical needs should your child present with such symptoms, or if it becomes apparent they have consumed a drug laced substance.

Along with this letter I share a presentation from the MET Police with you to make you aware of what 'edibles' are, the risks, legal status and what they look like. **Possession of / misuse of any drugs, medicines legal highs or solvents is a most serious matter, please see page 9 of the Behaviour and Discipline policy.**

To view the presentation, please click the link below:

<https://www.tpc.academy/attachments/download.asp?file=1296&type=pdf>

The matters contained within this letter are very serious and pose risks to our children. By sharing this information with you I hope you are able to support the academy to educate our children and steer away from ever becoming exposed to such behaviours.

If you have any concerns you wish to share with me, please do contact me on [helpline@tpc.academy](mailto:helpline@tpc.academy).

The safeguarding of our students remains my top priority which is why I am writing to parents and carers and asking for your full support.

Your faithfully

A handwritten signature in blue ink that reads "P Downey". The signature is written in a cursive style with a horizontal line underneath the name.

Mr Downey  
Headteacher