

Year 8 Options Evening



Fantastic attendance to the evening and many thanks for your support. Please remember to return completed Options Forms by Monday 22nd of May.

Area Sports Success



Don't look so embarrassed Erin (Stokes – Year 7). Gold and Bronze medal winner.



Callum McColm - Year 9 – Bronze medal winner!

Indoor Athletics



The last week in April saw Sarum pupils compete in the 2nd annual indoor athletics event. Within this event the children competed as a team and completed one field and one track event. They also participated in a team relay. All Sarum pupils performed brilliantly and enjoyed their afternoon.

Both year groups finished 3rd overall. There were some great individual successes with Erin Stokes in Year 7 winning both her events in the Year 7 competition and then completing the same feat the next day when participating for the Year 8s. Bradley Friel won hurdles for Year 7 and a gold also went to Jamie Jacques in the javelin. We also saw Bradley Cooper coming second in the shot putt.

Congratulations to all that were involved and we look forward to next year where there are two planned events for each year group to get their teeth in too!

Mr Pearce – Curriculum Team Leader PE

Look smart, think smart!

Skoolkit will be in on Wednesday 5th July from 5.30pm. Please drop by to purchase new uniform.



Term 4 Library Leaderboard

Well done to the Top 10 Library Award winners for 'consuming' the most library books in Term 4.

Timothee	Fierling	8A
Chiana	Penny	9C
Grace	Wellstead	7B
Megan	Wilde	9C
Eson	Smith-Matthews	11B
Jack	Axford	8B
Veronika	Bethell	11B
Owen	Bradley	9A
Chloe	Collins	8D
Michael	Gulwell	7C

FLASH NEWS! Year 8

Football

Well done to the Year 8 Football team. 3-1 winners and into the finals. Full report next edition.

We will rock you!



With the performance fast approaching rehearsals have been extended from next week 3.00-4.30pm. Tickets will be available soon.

DofE Expedition



Last weekend saw both Silver and Bronze Duke of Edinburgh groups head out for their practice expedition near Sixpenny Handley on Cranborne Chase. The weather gods were smiling with sunshine on the first day and the rain holding off until we all got back in to the Minibus!

The award encourages young people to develop independence, commitment, communication skills, leadership and teamwork through being involved in a personalised programme of activities that they set up themselves. Split into four sections of Volunteering, Physical, Skill, and an Expedition, it takes commitment but a DofE Award can give you the edge when you apply for college, university or a job. You also gain a huge amount in pushing yourself to do new things, helping you grow in confidence, developing useful skills as well as having a huge amount of fun doing it!

Pupils in Year 9 upwards can take part so if you are interested, please see Mr Jones for an application form.



Thrive – Health related matters. Introducing Tiff Ferris – School Nurse

My name is Tiff Ferris, I am 'YOUR' School Nurse...meaning I am here for YOU! I am going to regularly input into YOUR newsletter to allow you to gain insight into ways that you can protect your own health therefore enabling you to lead a full and healthy life, while ensuring that you reach your OWN full potential when at school!!

Pupils: I attend the school every Wednesday lunch time (every other for next term!) and offer a drop in service where you can come and talk **CONFIDENTIALLY** about ANY element of your health, in a friendly non-judgemental environment – **WATCH THE NOTICE BOARDS FOR WHERE/WHEN I WILL BE!**

I can also be contacted via. text on 07976 747096 and will respond ASAP between 9–5pm. on school days.

Parents: I am also happy to be contacted on this number if you have any health concerns for your child?

HEALTH ADVICE FROM YOUR SCHOOL NURSE!

With exam's looming and end of year tests...what are my main health tips?!

SLEEP - LOTS OF IT!!



The average teenager needs 8–10 hours of good quality sleep per night! Sleep is majorly impacted by electronics in the room; ditch the gadgets at least an hour before bed!

BANANAS!



Relax for at least the last hour, have a warm bath, a milky or relaxing drink, a banana (contains properties that help you sleep!), READ a book, listen to music, use Lavender, have a book next to your bed to write things down to be addressed the next day!

If you still have problems?.. COME AND HAVE A CHAT!

DIET— (Includes food and drink)

Ensure you are eating regular healthy meals – snack's may be easier, but make sure it is not ALL chocolate and crisps – if you are not sure what a healthy diet is – COME AND HAVE A CHAT!



Drink Lots (of WATER!) - dehydration is one of the main causes of reduced concentration, poor sleep, over-eating, poor skin condition, poor health etc. etc.

AVOID energy drinks at ALL costs – they are full of sugar and caffeine that may give you an initial 'BUZZ' but will then bring you down with a 'THUD' - they are ADDICTIVE and ALTER the chemicals in your brain ---this means you will need MORE AND MORE to have the same impact!



If you are worried about your diet in any way... COME AND HAVE A CHAT!

Wiltshire Police
Media Release



Police urge parents to talk to teenagers about dangers of Xanax

Police are issuing a warning to parents/guardians in Salisbury following incidents in the past week in which approximately twenty young people have taken the prescription drug Xanax.

The young people aged 15/16 years have received medical treatment.

Police received further information today, Monday 8 May 2017, of another 15 year old girl who has taken the drug and needed medical treatment. Fortunately all of the teenagers are now recovering however the side effects can last for several days.

Xanax is drug which should only be prescribed by a doctor for anxiety disorders. It can cause cardiac/respiratory difficulties, slow down reactions and can make a person feel drowsy, lethargic and forgetful. These drugs can also lead to problems concentrating, headaches, vertigo and are very addictive. When taken with or even without alcohol they can slow the heart rate down to dangerous levels.

Inspector Pete Sparrow said: "We are concerned about these incidents in which young people are deliberately risking their health. The effects of taking any drugs which haven't been specifically prescribed for you can have serious or even fatal consequences and we urge parents/guardians to talk to their children about the dangers. We are investigating where the supply to these young people has come from and ask that anyone with information comes forward."

Ceri Williams, head of prevention of harm at Wiltshire Council, said: "Our young people's drugs and alcohol service – Motiv8 – is already

engaging with young people in Salisbury to make them aware of the risks associated with Xanax. We would encourage people to contact Motiv8 if they have any concerns relating to Xanax or any other substances by calling 0800 169 6136 or emailing info@dhimotiv8.org.uk"

Anyone with information is asked to contact Salisbury CID on 101. Or call Crimestoppers 0800 555 111 where details may be left anonymously if preferred.

Doorstep Sportclub

BEMERTON HEATH
Doorstep
SPORTCLUB

TOUCH RUGBY **STREET FOOTBALL** **TRIPS** **MULTI SKILL GAMES**

EXCITING NEWS FOR BEMERTON HEATH!

Your Doorstep Sports Club is back with a new time
Every Tuesday night 5.30pm - 7pm

@ Pinewood Green
Get Involved in the new street sport club right at your door and help decide the way **YOUR** club works

Open to anyone 10+ years

Follow @Sport4Wiltshire
www.facebook.com/WiltshireStreetGames

#sportatyourdoor #bepartofit #doorstepsport

For more information please contact Danny Geeson, sports development officer, Wiltshire Council on 01225 770248 or daniel.geeson@wiltshire.gov.uk www.wiltshire.gov.uk/streetgames

FREE!
Starts Tuesday
16 May