

SchoolBeat.org



The All Wales School Liaison Core Programme

Newsletter

Spring 2014



Llywodraeth Cymru
Welsh Government



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Dear Colleague,

We hope you had a wonderful Christmas and New Year. This Spring's issue is packed full of interesting features, including a special feature on Steroids and Image Enhancing Drugs (SIEDs).

“

Young men are getting involved in taking steroids not for sporting purposes or competitive body building, but to improve their body image. There are some reports of 'reverse anorexia' - people thinking they can never be big enough.

”

Drugscope UK

Special feature

Steroids and Image Enhancing Drugs

Steroids

Anabolic Steroids are a group of hormones which occur naturally in the body. They are responsible for growth, physical development and functioning of reproductive organs. In men the main hormone is testosterone which is also responsible for masculine features such as the growth of body hair and a deeper voice. Anabolic Steroids also have a building effect on the body and increase muscle tissue.

Synthetic Anabolic Steroids whether injected or taken orally, upon entering the blood stream attach to specific receptors at cell level.

This helps them enter the nucleus of the cell, which in turn helps the cell to create and retain more protein. The process is called protein synthesis. It is associated with increased muscle size and strength.

Professor Les Iversen is currently leading a study for the Home Secretary on the use of Anabolic Steroids. He thinks an explosion in websites selling the muscle-building drug has made them far easier to get hold of.

Researchers say use has boomed over the last decade as young men have become more image-conscious and the drug has become more easily available.

Professor Les Iversen said,

“

The number of young people taking Steroids may have doubled in five years

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Special warning for young people

A major health consequence from abusing Anabolic Steroids can include prematurely stunted growth through early skeletal maturation and accelerated puberty changes. This means that teens risk stunting their growth for the remainder of their lives if they take Anabolic Steroids before they stop growing. Some of the most dangerous consequences of steroid abuse include kidney impairment or failure; damage to the liver; cardiovascular problems including enlargement of the heart, high blood pressure, and changes in blood cholesterol leading to an increased risk of stroke and heart attack (even in young people).

Gender Specific Side Effects

For Boys:

- Shrinking of the testicles
- Reduced sperm count
- Infertility
- Baldness
- Development of breasts
- Increased risk of prostate cancer

For Girls:

- Growth of facial hair
- Male pattern baldness
- Changes in or cessation of the menstrual cycle
- Enlargement of the clitoris
- Permanently deepened voice

Regular users of Anabolic Steroids may find that they start having trouble sleeping. They may get paranoid, or may experience dramatic mood swings; and even violence can occur alongside strong feelings of aggression.

Anabolic Steroids and the Law

It is illegal to supply, manufacture or possess with the intent to supply any Steroids as covered by the Misuse of Drugs Act, 1971. Anabolic Steroids are controlled as a Class C substance.



Melanotan

Melanotan is a synthetic hormone that is injected into the skin or taken as a nasal spray. It is available over the Internet, in some tanning salons and in body building gyms. It stimulates melanin production and therefore a tanned appearance to the skin.

Risks

Not a lot is known yet about the risks as it is a fairly new product. Side effects may include:

- Patches of uneven tanning
- Nausea
- Injection site reactions
- Facial flushing
- Increased blood pressure
- Fatigue
- Vomiting
- Changes in moles (darkening)

The Law

Currently unclassified.

Drug in the spotlight

Energy Drinks

The main stimulants in energy drinks are Caffeine, Taurine and Glucuronolactone. There are also high levels of sugar and or artificial sweeteners present. The sugar in energy drinks causes blood sugar and insulin spikes which later result in a “crash like” feeling. Performance-enhancing drinks, which are marketed to young people, can contain seven times as much Caffeine as a cup of strong coffee. The total amount of Caffeine in some cans or bottles of energy drinks can exceed 500mg, which is equivalent to 14 cans of common caffeinated soft drinks. For someone who’s sensitive to Caffeine, 200mg is enough for them to have many of the symptoms of Caffeine intoxication.

Children should only consume in moderation, drinks with high levels of caffeine.

According to Food Standards Agency UK advice.

Caffeine has dangers for children and can affect the developing brain and heart and the risk of developing addiction. It is recommended that children should be discouraged from consuming Caffeine. The most common way children would be exposed to Caffeine is in soft drinks, which have around 24mg of Caffeine per serving.

Study carried out by researchers from the American Academy of Paediatrics Committee on Nutrition (CON) and Council on Sports Medicine and Fitness (COSMF).

Symptoms of Caffeine Intoxication

Caffeine is a stimulant that can cause:

- Rapid, irregular heartbeats & palpitations
- Restlessness
- Nervousness
- Panic attacks
- Irritability
- Tremors (the shakes)
- Abdominal pain
- Nausea
- Vomiting
- Diarrhoea
- Diuresis (increased urination)

What's new?

Truancy fines



For more info, check out:
www.legislation.gov.uk/wsi/2013/1983/made

What new powers have been introduced?

From September 2nd 2013, The Education (Penalty Notices) (Wales) Regulations came into operation. Sections 444A and 444B of the Education Act 1996 governs the powers relating to penalty notices. They state: a police constable, local authority officer or the head teacher or other senior staff members authorised by the head teacher, can issue, in compliance with the regulations, penalty notices; where a pupil registered at the school, has played truant. A head teacher may authorise a deputy or an assistant head teacher to issue penalty notices but no other teacher is empowered to do so.

How much is the fine?

£60 if paid **within 28 days** or £120 where the amount is paid **within 42 days**. Failure to pay the penalty notice will result in prosecution.

When can a penalty notice be withdrawn?

A penalty notice may be withdrawn in instances when it ought not to have been issued; where it was issued to the wrong person; or where it appears that the notice contains material errors. The penalty notice may also be withdrawn if the penalty notice is not paid at the end of the expiry period; and the local authority have failed to start legal proceedings against the recipient to which the notice relates.

Code of Conduct

Each local authority **must** draw up a code of conduct which sets out measures to ensure consistency in the issuing of penalty notices. This code of conduct should outline procedures:

- 1) To avoid duplicating penalty notices
- 2) To only issue notices in respect of an offence under section 444 of the Education Act 1996
- 3) To establish the occasions when it will be appropriate to issue a penalty notice for the offence
- 4) To stipulate the maximum number of penalty notices that may be issued in any 12 month period
- 5) For co-ordination between the local authority and neighbouring authorities with the appropriate police and authorised officers.

What's happening?

AWSLCP Quiz

A crime prevention, health and safety quiz for year 8 pupils.

- National Round – 6th February 2014

Coming Soon!

11th February 2014

Internet Safety Day

Please see your School Community Police Officer to arrange lessons / assemblies for your school

Primary Teacher Conference



North Wales – 23rd January 2014

SE Wales – 28th January 2014

SW Wales – 30th January 2014

Supporting the teaching of:

- Drugs & substance misuse
- Safer relationships
- Internet safety

For more information check out:
www.schoolbeat.org

Remember

all Core Programme lessons have teacher follow up work available online at our website:

www.schoolbeat.org





“ We need to ensure that the common sense approach of listening to children and young people, hearing their voice and acting upon their concerns, is taken seriously by all those who have a duty to protect them.

Keith Towler, Children's Commissioner for Wales



Scouts and guides Rights Challenge



Launched to mark the tenth anniversary of the Commissioner's Office in Wales, the badge enables Scouts and Guides of all ages to learn more about children's rights and about their Children's Commissioner.

The Children's Commissioner for Wales' Super Ambassador scheme is an initiative that empowers pupils to become the Commissioner's Ambassadors within their schools.

Two pupils, elected by their peers, take a lead role in promoting the United Nations Convention on the Rights of the Child (UNCRC) and the role of the Children's Commissioner.

Information collated from the Super Ambassadors is fed into the work of the Commissioner's office. This means that Ambassadors have a direct impact on the work that they do to ensure that children and young people in Wales enjoy safe and happy lives.



How to join

A teacher or pupil who is interested in joining Super Ambassadors can do so by filling in the online form on the Children Commissioner's website homepage. They will then contact your school directly by phone or email to confirm your interest and identify a link teacher for the scheme. Teachers and pupils will then be able to sign in to the online resource each time they visit the site and update their very own school dashboard. Once your school has joined up they will:

- Send badges for your Super Ambassadors and posters for your school.
- Add your school to the Ambassador Hotspots Map of Wales.

What Do Ambassadors Do?

Tell everyone in their school all about the Commissioner's powers



Tell everyone in their school all about children's rights and the UNCRC



Do special missions for the Commissioner in their school.



For more information on how pupils from your school can become Super Ambassadors check out:

www.superambassadors.org.uk/ambassadors

New on www.schoolbeat.org Parent Section



Know Your School Community Police officer (SCPO) – Click on 'Training' to find out about training received by SCPOs working with pupils across Wales. Click on the icon 'A Day in the Life of' for parents to discover what a typical day is like for a SCPO. In the Testimonial section, partner agencies talk about how the School Programme fits into the wider picture of work undertaken with children and young people. Details of all SCPOs across Wales are also provided when you click on 'Contacting SCPOs'.

Know the Programme – Lets parents know about the breadth of Programme activities in Wales.

Know What Could Affect Your Child – Offers helpful information and advice around the key themes of drug and substance misuse, behaviour and safety.