

Wellbeing Weekly







We had a visit from Simon, a firefighter from Tamworth. His role is to help the fire service **prevent** harm. He speaks in schools and also visits vulnerable people in their homes to help them ensure their fire safety measures are up to scratch.

Fire Alarms: Simon explained that setting off the fire alarms causes real problems for the fire service for two main reasons. The first is that fire engines have to attend when a fire alarm goes off. This means that people who are really in danger might not get the fire service as quickly as they it — as the fire service is heading to a school where someone has set the alarm off by mistake or for a joke. The second reason is that people stop bothering to leave a building when the fire alarms go off as they assume there isn't a fire when there is.

Safety when swimming: - Swimming in local rivers and lakes is dangerous. We need to remember the rubbish that might be under water. Also, there can be strong currents and it is difficult to know how deep the water is.

Setting off fires: Sometimes people set off fires accidentally (not putting out a cigarette properly for example) and sometimes people set fires off on purposes (setting fire to bins). The fire service have to put these fires out and try and get them before they spread. Simon explained that these types of fires can cause lots of damage to the area around the fire (including park play equipment and buildings sometimes) and can also harm wildlife.

Firefighting as a career - You need GCSE English and Maths at Grade 4 or above if you want to apply for the fire service. He said that you get lots of interesting training and you need to be fit. He said that it is a role that some of us could consider doing when we leave school – you have to be 18 but can start the application when you're 17.

'Simon said that over 200 people accidentally drowned in England in 2019 – which was way more than I thought. He also said that there is only one full time (24/7) fire engine in Tamworth... So there's none to spare!'

Year 10 student



Jacquie from t3 came to explain her role supporting young people at t3.

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3 stars aims to help young people make informed choices about their alcohol and drug use, and to raise awareness of all the risks involved. This includes providing high quality and responsive support and assistance to parents and carers, schools, colleges, statutory services and other young person's services and youth and community groups, enabling effective community treatment planning that reflects an inclusive approach to care coordination.



This week some students chose some receipes they wanted to cook. They then had to work out the shopping needed and go shopping and keep within a budget.... Then they cooked! Pasta with tomato and chicken followed by home made custard creams!











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