

17th November 2023

Dear Parents and Carers,

Year 5/6 Assembly

This week children and staff in year 5 and 6 had the privilege of meeting Aaron Phipps MBE a British wheelchair rugby player and gold medal-winning Paralympian. His message of perseverance and determination, energy and endurance moved everyone. Thank you to Miss Booth and members of staff from Hathershaw Secondary School in organising this event together.



CLT - Children's Leadership Team

A huge well done to all children who applied for a position in our Children's Leadership team it was a very tough decision as all children had so many fantastic ideas and skills to offer.

The successful children should of course be congratulated, so a huge well done to the following children. We look forward to the events you will be leading in school.

Year 3

FATIMA ZAHRA (1)
MOHAMMAD HASSAN ALI (2)

Year 4

LYLA CHANGAIZ (4)
HAYYAN ADREES (6)

Year 5

HASEEB ALI (8)
MAHNOOR AHMED (9)

Year 6

RAYAN ABDUL KHALIQ (10)
REHAN HUSSAIN (12)



ADHD medication shortage

Please note the attached flier from CAMHS about ADHD medication shortage for any relevant parents and carers.

International Men's Day

As we approach International Men's Day on the 19 November, we're taking a moment to focus on the important issues many men face, particularly mental health challenges. It's crucial we shed light on these concerns and encourage open conversations.

This day serves as a reminder of the support available, and we want to share valuable resources with you:

1. Club: A safe space for men to talk about their experiences in a supportive environment.
2. [Family Hubs Oldham](#): For dads seeking extra help with family matters, the Family Hubs website offers a wealth of advice and services.
3. [TOG Mind](#): Providing various mental health support options, including sessions to uplift your wellbeing and crisis help for challenging times.

These resources offer a range of support, ensuring that men have lots of options for mental health support.

Music

Oldham Music Centre wants to invite you to two wonderful Christmas concerts at the Queen Elizabeth Hall.

Junior Christmas Festival:

See talented young musicians on Wednesday 6 December at 7pm. Tickets are £6 for adults/ £3 for children, and a family ticket for 2 adults and 2 children is £15.

Festive Favourites Showcase:

Enjoy festive tunes on Sunday 10 December at 3pm by our talented young singers and musicians. Tickets are £8 for adults/ £5 for Children, and a family ticket is £21.

Make sure to grab your tickets early by using the [event page](#).

Attendance

We wish to celebrate with our school community how fantastic our current school attendance has continued to be.

A super well done to the classes below for achieving over 95% attendance last week.

Classes 1, 2, 4, 6, 7, 11 and 12.

Classes 6 and 12 enjoyed their breakfast waffles this week as they gained the highest attendance in school.



Let's get reading - BOOM Reader

"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl

Well done to all the children and families who have logged onto Boom reader. We are pleased to announce the most home reading logs recorded on Boom reader this week.



Position	Name	Reads at home
First Place	Zulekha Jabeen Class 11	12 parent home reads
Second place	Ariana Yasar Class 11	10 parent home reads
Third Place	Aayan Ali Class 3 Aleena Ahmed Class 6 Muhammad Haseeb Class 8	7 parent home reads



Spelling Shed Winners

Place	Total points awarded for correct spellings	Child
1st	38,933,934	Hareem Almas Class 12
2nd	17,107,572	Hussain Mohammed Class 12
3rd	7,587,780	Muhammed Yaseen Class 11



TT Rockstars - CELEBRATIONS!

The most accurate Class	Class 10
The most active class	Class 11
The most improved speed	Amnah Mahmood Class 11
The most active player	Aqdas Nadeem Class 5

Word Aware

This week's word is 'anxiously.'

Please encourage your child to use this word when out and about and complete the activities.



National Supply Shortage of your prescribed medication

Supply shortage of medicines for ADHD.

The department of Health and Social Care has alerted us that there is a national supply shortage of the medication prescribed to help manage your ADHD symptoms.

The supply disruption of these products is caused by a combination of manufacturing issues and an increased global demand.

How long will the shortage last?

At present, the supply disruptions are expected to resolve at various dates between October and December 2023. These dates may be subject to change.

This is a national supply problem and all UK ADHD services; Paediatrics, CAMHS, Adults, and Pharmacies within the community and in hospitals are affected.

The medicines affected are:

- Methylphenidate prolonged-release capsules and tablets,
- Lisdexamfetamine capsules, and
- Guanfacine prolonged-release tablets.
- There are on-going shortages of the Atomoxetine capsules and liquid too.

Are there alternative medications available?

Other ADHD products remain available, they may not be suitable for everyone and may not be able to meet the increases in demand.

We know how important getting your medicines is. Our team are always happy to talk to you about your medicines and to explain why getting your medicine may be difficult at the moment. We will also explain what that will mean for your treatment.

You may be offered the choice between taking a treatment break or changing your medication to one that is not currently affected by the supply shortage.

The change in medication may mean you are taking medication more often through the day, or that they are tablets instead of capsules.

Your Specialist team will liaise closely with your GP, and work together to minimise disruption. There may be temporary changes to how and where you collect your prescription/ medication.

Once the supply shortage has been resolved your medication will be changed back to the medicine you were previously prescribed, as clinically appropriate.

Please be aware that there may still be delays at Pharmacies in obtaining the newly prescribed medication.

What should I do if I cannot get my ADHD prescription from the pharmacy?

If one pharmacy is unable to obtain supplies, please try a different pharmacy.

The following link will help you find Pharmacies in your local area:

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Pharmacies may use different suppliers or wholesalers to source medicines so availability will depend on whether each pharmacy's suppliers have stock or not. Please try visiting independent pharmacies as well as the larger Pharmacy chains, as their suppliers will differ.

Where there is a known shortage of a medicine, supply levels can change quickly. This is why pharmacies in one area may be able to find a medicine and others may not.

Alternatively, it may be best to leave the prescription (FP10) with a pharmacy that could check wholesaler stock levels daily and place an order.

Is it safe to stop taking ADHD medication abruptly?

Please consult your GP or ADHD service for guidance if you think you are running out of medication.

NICE guidelines recommend having regular treatment breaks from ADHD medications. It is not unusual to stop taking medication over the weekend or during school holidays.

Therefore no harm should come from stopping the medication but this should be done in a planned way.

If you are prescribed Guanfacine (Intuniv®) please contact your ADHD service and this medication must be stopped slowly as it can cause your blood pressure to increase if stopped suddenly. Consult your GP or ADHD service as soon as possible if you cannot get your prescription from the pharmacy.