

# Perschore High Safeguarding Newsletter

Welcome to the final Safeguarding Newsletter of 2025! Safeguarding Newsletters will be sent out to parents and carers on a regular basis to advise students and adults on all matters safeguarding and wellbeing.

Copies of previous Safeguarding Newsletters are available to access and read via the school website, alongside safeguarding policies and other links. We've put together a Newsletter that focuses on keeping your family safe, advice on how to support your children online and on social media and signposted help for families and mental health resources!



## Who is on the Perschore High Safeguarding Team?

The Designated Safeguarding Lead: Fiona Lovecy



Email: [fl@perschore.worcs.sch.uk](mailto:fl@perschore.worcs.sch.uk)

### Who else can help?

Please talk to or email your child's tutor, pastoral manager or Head of House. They will be able to help or seek further advice for you.

**Don't forget the 6th Form Team!** Dedicated support for pastoral, social and emotional needs, plus academic help from Zoe Starkey, 6th Form Lead and Cassie Waters 6th Form Deputy Lead.



## What's been happening in school?

- WEST NHS will still be delivering webinars throughout the year to parents and carers. Webinars will be delivered via Teams discussing 'Helping your child to cope with exam stress', 'Building resilience in your child', 'Supporting your child with transitions', and 'Helping your child sleep better'. Please find more details inside this newsletter.
- Students have received BE **WISER** assemblies this term. These focus on **Wellness, Inclusivity, Safety, Engagement and Ready**ing them for school.
- We held a Christmas Coffee Morning for some senior citizens of Perschore. The day included coffee, tea, mince pies and some excellent entertainment from our Music and Drama Departments—dancing, singing and an orchestra.
- Exam Stress workshops started for some of our students to help support and guide them through any stress they might have about their upcoming exams and tests. These are held with WEST NHS and will continue after the Christmas break.
- Our Year 11 Positive Pathways students have been getting involved in outdoor extra-curricular activities to support them in their engagement, confidence and motivation during their exam year. We've had such great feedback from these sessions and the students are really enjoying the outings.
- Members of staff took part in 'Movember' last month to help raise awareness and money for men's health. Well done to all those who participated!
- This half term we have been focusing on Young Carers. Young carers are children and young people who provide care for family members who have physical or mental illnesses, disabilities or substance misuse issues. 1 in 5 young people are young carers, with 1 in 12 taking on mid- to high-level care. If you think your child might be a young carer please complete this form: [Young Carers – Fill out form](#).

**We wish you all a Merry Christmas and a Happy New Year!**

# Support for Families

Winter can be a challenging time of year with extra costs for families with increasing energy bills and the run up to Christmas. With many already struggling with the cost of living, we've provided you with a range of schemes and provisions to help out this Christmas break:

## Wychavon District Council

On this page you will find a range of sources to help you access support and advice to support you with the rising cost of living.

Website: [Cost of living support - Wychavon District Council](#)



## Act On Energy

Act On Energy help people across the West Midlands and Worcestershire with their energy needs by offering a full home energy support service with free and impartial advice. .



Visit their website for advice and help: [Act On Energy | Award-Winning Energy Advice](#)

## Household Support Fund

The Household Support Fund help provide financial support towards energy, water costs, heating repairs and service, support with food costs and wider essentials.

You can visit the website here: [Household Support Fund | Worcestershire](#)

## Money Helper

Money Helper offer free debt advice to everyone, and advice on general money management. You can visit their website and find out more here:

[Debt Advice Locator | Syndication | MoneyHelper](#)



**PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS 2025**  
moneysavingcentral.co.uk/kids-eat-free

<p><b>ANGUS STEAKHOUSE</b> Kids under 8 eat FREE daily, 12pm to 5pm</p> <p><b>ASDA</b> Kids eat for £1 daily, with no adult spend</p> <p><b>ASK ITALIAN</b> Kids under 10 eat for £1 during school holidays</p> <p><b>BELLA ITALIA</b> Children eat free Sunday - Thursday</p> <p><b>BILLS</b> 2 Kids Eat Free on Boxing day 2025</p> <p><b>BEEFEATER &amp; BREWERS FAYRE</b> 2 Kids Eat Free Breakfast with one paying adult</p> <p><b>CAFE ROUGE</b> Kids Eat FREE 12-4pm every day of the week</p> <p><b>COCONUT TREE</b> Kids eat FREE from Fri 19th Dec - Sun 6th Jan 2026</p> <p><b>DOBBIES GARDEN CENTRES</b> Kids eat for £1 with an adult breakfast or lunch</p> <p><b>FUTURE INNS</b> Under 5s eat for free with any adult meal</p> <p><b>GORDON RAMSEY RESTAURANTS</b> Kids under 10 eat FREE all day, every day</p> <p><b>IKEA</b> Kids get a meal from 95p daily from 11am</p> <p><b>LAS IGUANAS</b> Kids under 12 eat FREE with 'My Las Iguanas' App</p> <p><b>MARSTONS PUBS</b> From 29th Dec - Jan 9th 2026 in selected locations</p>	<p><b>MARCO PIERRE WHITE</b> Kids under 12 Eat FREE daily with an adult spend</p> <p><b>MORRISONS</b> Kids Eat FREE all day, every day with a £5 spend</p> <p><b>PAUSA CAFE @ DUNELM</b> Kids eat FREE with every £4 spend all day</p> <p><b>PREMIER INN</b> 2 kids eat for free with 1 adult breakfast</p> <p><b>PRETO</b> Kids up to age 10 eat free with 1 paying adult</p> <p><b>PUREZZA</b> Kids under 10 get free pizza with every adult meal</p> <p><b>SA BRAINS PUBS</b> Kids eat for £1 on Wednesdays</p> <p><b>SIZZLING PUBS</b> Kids eat for £1. Every Monday to Friday, 3 - 7pm</p> <p><b>TABLE TABLE</b> 2 Kids Eat free breakfast daily with 1 paying adult</p> <p><b>TGI FRIDAYS</b> Kids Eat Free with any adult meal (Via App)</p> <p><b>THE REAL GREEK</b> Kids under 12 eat FREE Sundays with £10 spend</p> <p><b>TRAVELODGE</b> 2 Kids eat for free with 1 adult breakfast</p> <p><b>WHITBREAD INNS</b> 2 kids eat for FREE with 1 adult breakfast</p> <p><b>YO! SUSHI</b> Kids eat free all day (weekdays) in school holidays</p>
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**Grab a GRANT**

If your home is feeling cold, then we've got funding that might help to warm things up.

The Warm Homes Local Grant is open for applications and it could mean a free energy efficiency upgrade for your home. We've secured £1.38 million from the Government to help make at least 69 homes warmer, greener and more affordable to run.

Act on Energy and Worcestershire County Council are delivering the scheme on our behalf. Grants are available to those who own or privately rent, with an Energy Performance Certificate (EPC) rating of D to G. You'll also need to have an annual household income under £36,000 or live in an eligible postcode.

Whether you heat your home with gas, electricity, oil or LPG, this scheme is designed to help. And if you don't have an EPC yet, don't worry - an assessment can be arranged if you meet the other criteria.

To check your home's eligibility and to apply, visit [www.actionenergy.gov.uk/energy-efficiency](http://www.actionenergy.gov.uk/energy-efficiency) and follow the Warm Homes Local Grant link.

Depending on your home's needs, you could receive help with the cost of:

- Insulation (loft, cavity wall, or room-in-roof)
- Energy-efficient doors and glazing
- Air source or hybrid heat pumps
- Smart heating controls
- Solar panels
- Ventilation improvements to reduce damp and mould

**That's an average of £20,000 per household.**

**Help with your energy bills**  
If you need help paying your energy bills then you can:

- Talk to your energy supplier as you may be able to access their own assistance fund.
- Call Act on Energy who can offer advice on dealing with energy bill debt as well as advice on accessing grants and support for energy efficiency schemes. Call the free advice line on 0800 888 888 or visit [www.actionenergy.org.uk](http://www.actionenergy.org.uk)
- Visit [www.charisgrants.com](http://www.charisgrants.com) to see if they partner with your energy provider to offer support to households struggling with their energy bills.

For more help and advice visit [www.actionenergy.gov.uk/cost-of-living-support](http://www.actionenergy.gov.uk/cost-of-living-support)



## Persore Community Cupboard

is food project in the town centre, offering food parcels to anyone who needs it. It is run by volunteers and their opening times are:

Monday 2.30pm – 3.30pm  
 Tuesday 9.30am – 11.00am  
 Wednesday 5.00pm – 6.00pm  
 Thursday 2.30pm – 4.00pm  
 Friday 9.30am – 11.00am  
 Saturday 9.30am – 11.00am  
 Sunday Closed

The Community Cupboard takes place in the Persore Baptist Church on Broad Street, WR10 1AY.

Website: [Community Cupboard | PersoreBaptist](#)



Persore Foodbank provide three days' worth of nutritionally balance meals and offer support to local people who may be struggling. They also have help links for the cost of living and fuel bills.

Persore Foodbank is found at St. Andrews, Church Walk, Persore

Open Tuesdays 11.00am -1.00pm and Fridays 1.00pm– 3.00pm

Website: [Persore Foodbank | Helping Local People in Crisis](#)



# Online Safety



Most children have access to social media these days, and although there are some positive aspects to this, there are also dangers and concerns. Sometimes it's hard to keep up with what your children are accessing online, so we've collected some information to help you navigate the online world.

## Where can I find advice about online safety?

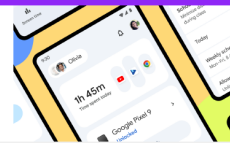
- **NSPCC**—has resources and guidance for parents and carers about keeping children safe online. You can find them at [www.nspcc.org.uk](http://www.nspcc.org.uk)
- **Barnardos**— contains advice to help you and your child navigate digital platforms and games, helping you to support them as they grow. Head to [www.barnardos.org.uk](http://www.barnardos.org.uk)
- **Internet Matters**—find information and tips for setting up safety settings for various apps and devices at [www.internetmatters.org](http://www.internetmatters.org)
- **Safer Internet**—advice and resources to help you to support your child to use the internet safely, responsibly and positively. Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## Update to Roblox Age Checks

Roblox has announced a new update to its safety features, now requiring a facial age-check for chat features. They will now assign users to specific age group chats using facial checks whilst restricting cross-group communication. Roblox has also turned off chat features for anyone under the age of nine. This is a move to reduce inappropriate contact between adults and younger users as well as work towards keeping younger people safer in digital spaces.

Even though these measures will be rolled out in December and January, we urge parents and carers to be mindful of what their child is looking at online and who they may be communicating with.

## Help your family stay safer online with Family Link



Family Link provides tools that respect families' individual choices with technology, helping them create healthy, positive digital habits. With easy-to-use tools, you can understand how your child is spending time on a device, share location, manage privacy settings, and find the right balance for your family.

**Set screentime rules that work for your family**  
Use [Family Link](#) to create the right boundaries for the way your family uses their devices. You can set screen time limits for your device and create digital bedtimes, so you can decide what time stays as family time.

**Stop distractions in the classroom**  
Family Link's School Time feature also enables parents to disable apps and activities on their child's Android smartphones whilst they are at school to help stop distractions in the classroom. It aids schools who are reviewing the use of phones in schools and gives parents greater choice in how they support their children's learning and wellbeing.

**Which apps? You decide**  
Keep an eye on the apps your family are using by approving or blocking app downloads. You

can also approve or block app downloads and choose the right YouTube experience – whether it's [YouTube Kids](#) or a supervised experience on YouTube for pre-teens.

**Keep your child's data private and secure**  
Family Link helps you control your child's privacy and security. You can review and adjust what information apps and extensions can access, reset passwords if needed, update personal details, or even delete an account, helping you protect their digital experience.

**Stay connected on the go**  
It can also help you keep track of your child's location, as long as they're carrying their device, seeing their whereabouts on one map. You'll also receive critical notifications when they arrive or leave a certain location, check their device's battery status, and even remotely ring it if needed.

To find out more, visit [families.google](http://families.google)

There have been a few concerns recently on Snapchat, which are causing a range of social and bullying issues. We would like to ask that parents and carers be vigilant about their child's social media use and be wary of any issues that may arise from this app. Below are some links to advice and guidance for parents about Snapchat

[Everything parents need to know about Snapchat | Parent Zone](#)

[What is Snapchat? Safety guide for parents | Internet Matters](#)

[Is Snapchat safe for my child? | NSPCC](#)

## How to start using parental controls:

1. **Start with broadband controls**: Set up controls on your broadband to filter inappropriate content across all devices connected to your WiFi.
2. **Protect devices children use**: including tablets, smartphones, and gaming consoles. Activate device level controls to manage screen time and app access.
3. **In app settings**: Look in the settings of each app for content filters, chat filters, privacy settings and in-app purchase settings.
4. **Search engines**: Using parental controls and filters in search engines like Google, Yahoo and Bing.

# Mental Health

We all have mental health, just like we all have physical health. It's about how we think, feel and act. It can be hard to navigate issues with mental health, so we've gathered some resources that can give you advice and support if you need it! Please look at the school website ([Wellbeing and Mental Health | Pershore High School](#)) for further advice and links. There is a comprehensive guide to all aspects of mental health.

## WEST NHS Workshops

Throughout the year, WEST hold workshops and sessions for parents and carers about helping to understand their child's mental health and offering advice and support on how to deal with mental health issues in children. To access these courses please log into 'Teams' and type in the meeting ID and passcode below. Here are the dates for the upcoming parent/carer workshops:

### Helping your child cope with exam stress

26<sup>th</sup> March 2026 @ 12pm-1pm  
Meeting ID: 351 821 756 5294  
Passcode: dk92dc7j

### Building resilience in your child

2<sup>nd</sup> June 2026 @ 1pm-2pm  
Meeting ID: 391 708 672 4328  
Passcode: T7wQ9ip7

### Helping your child to sleep better

3<sup>rd</sup> June 2026 @ 2pm  
Meeting ID: 347 630 208 4899  
Passcode: DT7zc7mQ

### Supporting your child with transitions

3<sup>rd</sup> June 2026 @ 4pm  
Meeting ID: 375 469 535 4848  
Passcode: 8Mz7Sm39

## Young Minds

A mental health crisis charity for young people and their parents.

Website: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

## Kooth

A confidential service offering peer to peer support and mental health tools and resources.

Website: [Home - Kooth](#)

## SANE

Charity offering emotional support to anyone affected by mental health, including family, friends and carers.

Website: [Home - SANE](#)

## The Mix

A support service for any young person under the age of 25

Website: [The Mix](#)

## Childline:

Support and guidance for young people, online and on the phone.

Website: [Mental health | Childline](#)

## Mind

Provides advice and support for anyone experiencing mental health issues.

Website: [Home](#)

## Rethink

Offers services for people affected by mental health, including carers.

Website: [Advice, information and support from the experts](#)

## NHS & On Your Mind

Offers advice and support about mental health for people of all ages.

Websites: [Mental health - NHS](#) and [On Your Mind Gloucestershire - children & young people's mental health - NHS](#)

  
Herefordshire and Worcestershire  
Health and Care  
NHS Trust

Are you feeling anxious?  
Experiencing low mood?  
Like help with your mental health?



If you're in year 12 or 13,  
you can now confidentially  
self-refer for mental health  
help and support from the  
WEST team by scanning  
the QR code:

Wellbeing and Emotional Support Teams (WEST)  
[www.camhs.hacw.nhs.uk/west](http://www.camhs.hacw.nhs.uk/west)

# Health and Wellbeing

www.youcantknoweverything.com

## Vaping PARENT GUIDE

Vaping is becoming increasingly common among teens in the UK, with many young people unaware of the potential health risks. This guide provides practical advice to help you understand health related concerns, recognise the signs a young person might be vaping, and support your child if they are using vapes.

### Why is vaping a concern?

Many vapes contain **nicotine**, an addictive substance that interferes with brain development in teens, affecting memory, concentration, and mood. Young people may become dependent on vaping, leading to cravings and anxiety. The long-term health effects are still unknown. Vapes contain a mix of chemicals, that can irritate the lungs. Some studies link vaping to breathing issues.

### What should I look out for?

- Sweet or fruity scents in their bedroom, on clothes or breath.
- Unfamiliar devices or charger cables – e-cigarettes come in many styles, including ones that look like pens or USB drives.
- Increased thirst or nosebleeds.
- Being increasingly secretive, irritable or withdrawn

**Note** - Remember that these symptoms on their own may also have other explanations.

### What adults can do!

- Have a conversation, not a confrontation – ask questions and listen without judgement.
- Try to understand why they vape – peer pressure, stress, curiosity?
- Explain the risks, especially in terms of long-term health and addiction.
- Help them set goals to reduce or quit.

### Conversation Starters:

- I read an article about vaping being popular with teens – what do you think?
- How do you think vaping might affect people your age in the long run?
- If someone wanted to stop vaping, what do you think would help them??

**Podcast**

Follow @youcantknoweverything4parents


## The Healthy Worcestershire Program

The Healthy Worcestershire Programme offers free community sessions which bring together a range of health improvement services to help build social connections closer to where people are living.

Weekly sessions are run in local venues within the heart of communities, and offer:

- Physical activities such as resistance bands exercises, yoga, and tai chi – all focused on mobility, strength and balance
- Healthy lifestyle advice, with wellbeing discussions on topics including mental wellbeing and nutrition
- Community safety information, such as avoiding fraud or doorstep crime
- Links to a wide range of other healthy promoting local activities in your community

To join, you can book online, via telephone or just turn up on the day! For more information, please visit <https://healthyworcestershire.org.uk>.



## ADVICE ON HIGH CAFFEINE

Excessive consumption of high-caffeine drinks may be associated with:

- Increased frequency of headaches, irritability, fatigue and stomach discomfort
- Disrupted sleep patterns and reduced sleep quality
- Elevated risk of emotional challenges such as stress, anxiety, and depression
- A potential link to suicidal thoughts or behaviours
- Lower academic performance
- Associations with other risky behaviours, including vaping, smoking, alcohol use, and substance misuse
- High sugar content and acidity in some drinks, contributing to dental decay, obesity, and related health conditions

The Government is currently considering a proposal to ban the sale of high-caffeine energy drinks to individuals under the age of 16, to benefit the mental and physical health of children and young people in the UK.

## WINTER 2025/26

A PARENTS AND CARERS GUIDE HAPPY HEALTHY HOLIDAYS FOR TEENAGERS

### Infections

Some germs are more common in the winter months such as colds, flu, RSV and norovirus. One of the easiest and cheapest ways to avoid your family catching these is by **thorough handwashing and drying** and keeping up to date with vaccinations.

You can help prevent flu by opting for your child to have the flu nasal spray, this also helps prevent flu being transferred to more vulnerable members of your family such as grandparents.

Find out more about children's vaccinations here:

**Immunisations & vaccinations Worcestershire County Council**

Find out about self-care for common winter illnesses or consult your pharmacist. Only take medications as directed and supervise your teenagers' access to common medications found in the home.

**Flu, COVID-19 & Respiratory Syncytial Virus (RSV) Worcestershire County Council**

**Self care Herefordshire & Worcestershire Integrated Care System**


### Sleep

The winter holiday is usually only 2 weeks. Support your teenager to maintain a regular sleep pattern so getting up for school is not too difficult in January. Discuss how they can avoid using their phone into the early hours, talk about enjoying sleep.

Consider using an App to place a curfew on their phone. Teenagers need 8 to 10 hours sleep each night. Encourage them to avoid napping during the day, especially after 6pm.

Try this link for some advice:

**Parents & Carers Teen Sleep Hub**



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Free advice and support is also offered at Pershire's Wellbeing Hub—as well as a free cup of tea! If you need someone to talk to, advice, directing to support, ideas for art and entertainment, opportunities for children and young adults and health, medical and dental support visit on Tues and Fri 10am-12.30pm, Wed and Thur 10am—3pm

No. 4, High Street, Pershore

01386 555018

[Pershire Wellbeing Hub](#)