



# Perschore High Safeguarding Newsletter

Welcome to the Autumn Term Safeguarding Newsletter!

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. We hope you all had a well deserved summer holiday!

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 list of activities for you and your family to do, tips for keeping children safe this coming Halloween, 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?

- A reminder that places are still available for the online webinars delivered by WEST NHS. Webinars will be delivered via Teams discussing 'Boosting your child's mood' and 'Supporting your child with worries and anxieties'. Please find more details inside this newsletter.
- Students have received BE **WISER** assemblies this term. These focus on **Wellness, Inclusivity, Safety, Engagement** and **Readying** them for school.
- The selections for the School Council 2025 have been made — congratulations and well done to all of the students who are getting involved, we can't wait to see the positive impact that you make over the next year! They have been discussing support available in school, safeguarding contracts and how well the new students have settled in.
- We have a SEND coffee morning taking place on 12th November in PHS Inclusion Centre from 10am-11am. A chance for any parents of students who will be coming up to Perschore next year to have an informal chat in a relaxed environment with the SENDCo Team about supportive strategies and next steps during transition to the school.
- We had a visit from Voice United Worcestershire at the beginning of October and had meaningful discussions with some of our students about neurodivergence, neuro-affirming terminology, outcomes and vision for young people with SEND, and what information they would like to hear about Worcestershire Council and Health Services.
- Positive Pathways has started a voluntary programme for Year 11 students in school to support them in their engagement, confidence and motivation during their exam year. It will include exciting outdoor education activities and dedicated 1 to 1 mentoring to support them in their aims.
- Members of staff are preparing to take part in 'Movember', where they will grow moustaches during the month of November to raise awareness of men's health issues, in particular men's mental health.

**We hope you all have a well deserved half-term break and a fantastic Halloween!**



# Support for Families

Between back to school and the run up to the Christmas holidays—it can be a challenging time of year with extra costs for families. With many already struggling with the cost of living, here are a range of schemes and provisions to help out:



**Persnore 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 Persnore Baptist Church on Broad Street, WR10 1AY.

Website: [Community Cupboard | PersnoreBaptist](#)



Persnore 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.

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

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

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



**PLACES WHERE KIDS EAT FREE (OR FOR £1) OCTOBER HALF TERM 2025**  
[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

<b>ANGUS STEAKHOUSE</b> Kids under 8 eat FREE daily, 12pm to 5pm	<b>IKEA</b> Kids get a meal from 95p daily from 11am
<b>ASDA</b> Kids eat for £1 daily, with no adult spend	<b>LAS IGUANAS</b> Kids under 12 eat FREE with 'My Las Iguanas' App
<b>ASK ITALIAN</b> Kids under 10 eat for £1 during school holidays	<b>MARCO PIERRE WHITE</b> Kids under 12 Eat FREE daily with an adult spend
<b>BELLA ITALIA</b> Children eat for £1 with any adult main	<b>MARSTON PUBS</b> Kids eat for £1 during the October half term
<b>BILLS</b> Kids Eat Free weekdays, 27th - 31st October 2025	<b>MORRISONS</b> Kids Eat FREE all day, every day with a £5 spend
<b>BREWDOG</b> 1 Kid eats free with 1 adult. Scotland 13th - 17th Oct England & Wales 27th - 31st Oct	<b>PAUSA CAFE @ DUNELM</b> Kids eat FREE with every £4 spend all day
<b>BURGER KING</b> From 13th Oct - 2nd Nov, Kids Eat Free (via app)	<b>PREMIER INN</b> 2 kids eat for free with 1 adult breakfast
<b>CHIQUITO</b> Kids eat FREE Daily 27th - 31st October	<b>PRETO</b> Kids up to age 10 eat free with 1 paying adult
<b>COCONUT TREE</b> Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025	<b>PUREZZA</b> Kids under 10 get free pizza with every adult meal
<b>DOBBIES GARDEN CENTRES</b> Kids eat for £1 with an adult breakfast or lunch	<b>SA BRAINS PUBS</b> Kids eat for £1 on Wednesdays
<b>FARMHOUSE INNS</b> 2 Kids eat free From Mon 6th - Fri 17 Oct (Scotland) & Fri 17th - Fri 31 Oct (England & Wales).	<b>SIZZLING PUBS</b> Kids eat for £1, Every Monday to Friday, 3 - 7pm
<b>FLAMING GRILL</b> 1 Kid eats free, Mon 13th - 20th Oct (Scotland) & Mon 20th - Fri 31 Oct (England & Wales)	<b>TABLE TABLE</b> 2 Kids Eat free breakfast daily with 1 paying adult
<b>FUTURE INNS</b> Under 5s eat for free with any adult meal	<b>TGI FRIDAYS</b> Kids Eat Free with any adult meal (Via App)
<b>GORDON RAMSEY RESTAURANTS</b> Kids under 10 eat FREE all day, every day	<b>THE REAL GREEK</b> Kids under 12 eat FREE Sundays with £10 spend
<b>HARVESTER</b> Kids eat for £1 until October 31st 2025 via App	<b>TRAVELodge</b> 2 kids eat for free with 1 adult breakfast
<b>HUNGRY HORSE</b> 2 Kids eat for £1 From Mon 6th - Fri 17 Oct (Scotland) & Fri 17th - Fri 31 Oct (England & Wales).	<b>WHITBREAD INNS</b> 2 kids eat for FREE with 1 adult breakfast
	<b>YO! SUSHI</b> Kids eat free all day (weekdays) in school holidays


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**Household Support Fund**

Run by the Department of Work and Pensions, they provide help to those most in need, such as: families with children and people with disabilities. 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 | Worces-  
tershire County 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 Charity](#)

**Wychavon District Council** 

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

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

**Money Helper** 

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

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

# 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.

## **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](#)

## **Samaritans**

A 24/7 helpline. Call 116 123

Website: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

# Health and Wellbeing



Free advice and support is also offered at Persore'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, Persore

01386 555018

[Persore Wellbeing Hub](#)



## Free 12-Week Weight Management Programme

Healthy Worcestershire will be offering a free 12 week weight management programme via Teams to support people losing weight and keep it off long term.

The sessions will run on a Monday, weekly, and each session will consist of 30-45 minutes of nutrition workshops covering topics such as snacking, portion sizes, fats and sugar followed by a discussion and question period.

If you are interested in receiving advice from fully qualified experts, please go to [healthyworcestershire.org.uk](http://healthyworcestershire.org.uk) to self-refer.



## **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.

## WEST Sessions for Parents/Carers

10th November @ 12.30-1.30pm :

- WEST will be running a session about 'Supporting your child with worries and anxieties'.
  - The Meeting ID : 380 467 618 993 3
  - The Passcode : Xj2r8Cq9

14th November @ 12.45-1.45pm :

- WEST will be running another session on 'Boosting your child's mood'.
  - The Meeting ID : 392 228 798 789 6
  - The Passcode : zL3UC3TC

**About WEST:** The Wellbeing and Emotional Support Teams (WEST) in schools service is designed to help children and young people ages 5-18 years access mental health and wellbeing support early on in education settings. It's about ensuring that children and young people can get access to the right help as early as possible. These sessions are great opportunities to get expert training for our WEST Team.

**WELLBEING AND EMOTIONAL SUPPORT TEAMS**  
Parents online Workshop

**Supporting your child with worries and anxiety**

Run by the NHS's Wellbeing and Emotional Support in schools team. (WEST)

On Monday online  
10th November  
12:30 - 1:30 pm

**We are talking about:**  
Signs of anxiety in children  
Common Worries for Children.  
Fight Flight Freeze.  
The Cycle of Anxiety and what keeps the cycle going.  
Top tips on how to break the cycle.

Join the meeting on Teams  
Meeting ID:  
380 467 618 993 3  
Passcode: Xj2r8Cq9

www.nhs.uk/nhs.uk/about  
Provided by Wellbeing and Emotional Support in Schools Team

**WELLBEING AND EMOTIONAL SUPPORT TEAMS**  
Parents online Workshop

**Boosting your child's mood**

Run by the Wellbeing and Emotional Support in schools team.

Friday 14th November  
12:45-1:45pm  
via Teams

**Who is it for:**  
Parents who want to learn more about:  
Low mood and the symptoms.  
Things that can impact a child's mood and how to improve it.  
Sleep hygiene and five ways to improve it.

Join the meeting on Teams  
Meeting ID: 392 228 798 789 6  
Passcode: zL3UC3TC

www.nhs.uk/nhs.uk/about  
Provided by Wellbeing and Emotional Support in Schools Team



# 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. As technology evolves quickly, it can be hard to keep up—but having regular, open conversations with your children make a big difference.

## Top tips for talking to children about staying safe online

### 1. Start with the positives

Being online can be a great way for children to learn, be creative, and stay connected with friends and family. Recognising these benefits helps keep conversations balanced and encourages confident, safe use of technology.

### 2. Find the right time and place

Choose a calm moment to talk, such as during a walk, car journey, or shared activity. Avoid starting the conversation when emotions are high or during a disagreement.

### 3. Use child-facing resources and advice

Support your conversation with age-appropriate tools, videos, or guides. These can help children understand key messages and make the discussion more engaging and relevant to their stage of development.

### 4. Ask about their experiences

Use open questions like:

- 'Have you seen anything online that made you uncomfortable?'
- 'Who do you chat with online?'
- 'Are they people you know offline?'
- 'How do you feel when using certain apps or games?'

### 5. Make it part of everyday life

These chats don't need to be formal or one-off. Regular, relaxed conversations help children feel supported and more likely to speak up if something worries them.

## 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. 'Google Family Link' is a useful app to manage a range of features such as restricting content, approving or disapproving apps, setting screen time and more.

## 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)

# Keeping safe this Halloween

Halloween can be an exciting time of year for children, dressing up and going out after dark. But, whilst Halloween is supposed to be spooky there are some horrors that families will want to avoid.

So, here are some top tips for a safe Halloween that you can remember for all the right reasons!

## **1. Remember that Halloween costumes are highly flammable**



- Many fancy dress costumes are not manufactured to the same safety standards as normal clothing, meaning they can ignite almost instantly and burn far faster. It is important to ensure that children wearing Halloween costumes are kept well away from flames and other heat sources.

## **2. Try to buy costumes from a reputable store or website**

- It may mean spending a bit more but buying from a reputable store or website will be safer. Cheap costumes may not meet UK safety standards. If your costume contains a label with UKCA or CE on it, then it has been tested for fire safety so it should burn more slowly.

## **4. Encourage children to layer up**

- If children wear clothes under their dressing-up costumes, there is a layer of protection between the costume and their skin. This can help protect their skin if their costume catches fire.

## **5. Teach children to STOP, DROP and ROLL!**

- Ahead of Halloween, make sure children know what to do if their clothes catch fire. The instinct is to run. So, encourage them to practice stopping, dropping to the ground, covering their face with their hands and rolling over a few times to put out the flames.

## **6. Keep candles well out of the path of trick or treaters**

- Candles and lit pumpkins create a fantastic spooky atmosphere but can be dangerous. Keep them well out of the path of trick or treaters and away from any Halloween decorations that might catch light

## **7. Consider switching to battery-powered candles**

- Making the switch to LED/flameless battery-powered candles can reduce the fire risk. But, be sure the battery compartment is secure. Many LED lights, and the remote controls for them, contain button batteries which can badly hurt or kill a small child if they swallow one and it gets stuck.

## **8. Be visible**

- Visibility is important all year round. However, after the clocks go back, it gets dark much earlier. Try adding reflective tape or glow sticks/jewellery to your child's costume to make them more visible to drivers in the dark.

## **9. Stay safe near roads**

- Masks can make it harder for children to see or hear traffic, so try to avoid them where possible. Encourage children to put mobile phones away when they are out trick or treating and crossing roads.

## **10. Watch out for treats that might be a choking hazard for young children**

- Lollipops, hard sweets and mini eggs in particular can pose a serious choking risk. Plus, remember it's best to avoid eating while walking or running, so you may want to save up all those sweet treats to enjoy back at home.