



Pershire High Safeguarding Newsletter

Summer 2025

After another busy year, we have reached the summer break with many students (and staff!) ready for their well deserved holiday. This summer term's safeguarding newsletter will hopefully give you some ideas for fun and free summer activities, advice on health and well-being, and updates on what has been going on at Pershire High School over the last term!

Who is on the Pershire High Safeguarding Team?

The Designated Safeguarding Lead: Fiona Lovecy

Email: fl@pershire.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.



Pershire High School Safeguarding Team:



Phil Hanson
Headteacher



Fiona Lovecy
Safeguarding Lead



Zoe Budding
Deputy DSL



Andrew Nockton
Deputy DSL



Danny Hilditch
Deputy DSL

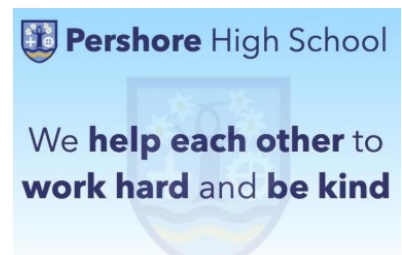


Rachel Kilminster
Deputy DSL

What's been happening in school?

- A reminder that places are still available for the online webinars delivered by Kooth, an organisation offering mental health support and advice. They will deliver 30 minute webinars covering young people's use of the internet, social media and smartphones exploring how parents and carers can support them to stay safe. Click the link to register for the webinars: [Helping young people stay safe on smartphones and online](#)
- We've been committed to improving online safety for young people, raising awareness and urging pupils to be informed on potential risks associated with social media, and how they can keep themselves safe. We met with students in the School Council who provided valuable feedback on what online safety lessons and advice we could introduce for students next year.
- PAL Community group have been delighted to work in the school running a weekly lunchtime jewellery workshop. This has been highly popular and is ever growing. Students have been able to design and create high quality bracelets, necklaces and rings. The jewellery workshops are important for our students to grow their social and emotional skills.
- As part of our Tutor Time theme of 'Wellbeing ; Belonging and Kindness', PCSO Katie Radford delivered assemblies this term on Hate Crime. Students refreshed their knowledge of Protected Characteristics and acceptable language and behaviour. More information is available from West Mercia: [What is hate crime? | West Mercia Police](#).
- A big congratulations to all students who have completed their GCSE and A Level exams! You all deserve the well-earned rest before results day!

We hope you all have a safe and fun summer break!



Student Activities

On this page you'll find lots of free or cheap activities your family or child could do during the summer holidays. All activities are local to Pershore and surrounding areas and are a fantastic way to keep active and entertained during the long summer break!

Family Fun and Support Worcestershire



Family Fun and Support offers loads of activities for children and young people throughout the holidays. There are free festivals, summer challenges, sport and games events, and many more!

Visit the website to find out how to get involved:

[Family Fun & Support Worcestershire CIC](#) | [Facebook](#)

Empower Active



Empower Active is run by PE specialists and has a timetable packed full of fun and educational activity & sports camps, available all summer long. All activities can be paid for with childcare vouchers, making it a safe, fun, and affordable option for your child during the holiday.

Find out how to book your camp activity here:

[Active Camps - Empower Active](#)

Worcester Rocks Team Sport Clubs

Team Super-Sports is hosting sports holiday clubs over the school holidays for children aged 7 - 16! Choose from netball, rugby, football, gymnastics, cricket, tennis or hockey!

Visit the website to book your place now: [Team Super Sports Holiday Club in Worcester](#)

Wyre Forest

The Wyre Forest has a range of woodland walks and trails, including an accessible trail and a Go Ape! course, there is something here for all the family!

Take a look at what else they've got to offer: [Wyre Forest | Visit Worcestershire](#)

YMCA Worcestershire

YMCA has holiday clubs that will have something for everyone, whether your child is sporty, creative, curious, or just full of energy. The club also provides hot lunches daily! This is an excellent place for young people to try something new, build friendships, and make lasting memories - all in a supportive and safe environment. Hurry - spaces fill up quick!

Book now at: [An action packed summer! - YMCA Worcestershire](#)

Worcester City Art Gallery and Museum

With free entry into the museum, this is a great, friendly place with exhibitions, events and activities for all the family to enjoy throughout the summer.

Find out what's on this holiday: [Worcester City Art Gallery and Museum](#)

Support for Families

Holidays can be a challenging time 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) SUMMER HOLIDAYS 2025
moneysavingcentral.co.uk/kids-eat-free


<p>ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm</p> <p>ASDA Kids eat for £1 daily, with no adult spend</p> <p>ASK ITALIAN Kids under 10 eat for £1 during school holidays</p> <p>BEEFEATER Kids Eat FREE with Newsletter Voucher this Summer</p> <p>BELLA ITALIA Children eat for £1 with any adult main</p> <p>BILLS Kids Eat Free weekdays, 21st July – 29th Sept</p> <p>BREWERS FAYRE Kids Eat FREE with Newsletter Voucher this Summer</p> <p>BREWDOG 2 Kids eat free with 1 adult, 19th July – 31st August</p> <p>BURGER KING From 28th July – 31st August, Kids Eat Free (via app)</p> <p>CHIQUITO Kids eat FREE Daily Until August 31st</p> <p>DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch</p> <p>FRANKIE & BENNY'S Kids Eat Free from 14th July – 31st August 2025</p> <p>FUTURE INNS Under 5s eat for free with any adult meal</p> <p>GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day</p> <p>HARVESTER Kids eat for £1 Mon - Fri via the App</p> <p>HUNGRY HORSE Kids eat for £1 on Mondays</p> <p>IKEA Kids get a meal from 95p daily from 11am</p>	<p>LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App</p> <p>MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend</p> <p>MORRISONS Kids Eat FREE all day, every day with a £5 spend</p> <p>PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend after 3pm</p> <p>PREMIER INN & TRAVELEDGE 2 Kids eat for FREE with 1 adult breakfast</p> <p>PRETO Kids up to age 10 eat free with 1 paying adult</p> <p>PUREZZA Kids under 10 get free pizza with every adult meal</p> <p>SA BRAINS PUBS Kids eat for £1 on Wednesdays</p> <p>SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm</p> <p>TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult</p> <p>TESCO Kids Eat FREE with a 60p spend until Aug 31st</p> <p>TGI FRIDAYS Kids Eat Free with any adult meal (Via App)</p> <p>THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend</p> <p>TOBY CARVERY Kids eat for £1 all day (weekdays) until Aug 29th</p> <p>WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast</p> <p>YO! SUSHI Kids eat free all day (weekdays) in school holidays</p> <p>ZIZZI Kids eat free this summer holidays (ex Saturdays)</p>
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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 Fundhelp 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 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](#)

Health and Wellbeing

Vaping

Vaping is becoming increasingly common among teens in the UK, with many young people unaware of the many potential health risks.

Why is vaping a concern?

- Many vapes contain nicotine, and 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 lot 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.



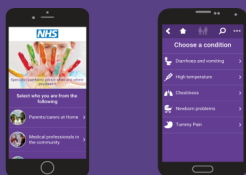
What can adults do?

- Have a conversation, not just 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.

NHS

Not sure what to do when your child is unwell?

Download the free HANDi Paediatric app and get expert advice, support and guidance for common childhood illnesses.



Search "HANDi Paediatric"



If your child is unwell, use the HANDi App to check their symptoms and get instant, NHS-approved medical advice. Developed and approved by local Paediatric Consultants, the HANDi App provides expert advice on how best to manage the most common childhood illnesses, including:

- Diarrhoea and vomiting
- High temperature
- 'Chesty child' illnesses such as wheezing and asthma
- Abdominal pain

The app is free, and can be downloaded to any Apple or Android smartphone or tablet. HANDi is designed to help you know what to do when your child is unwell - whether that's looking after them at home, taking them to see a GP, or using the NHS 111 service.



Pershire Wellbeing Hub

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, Pershire

01386 555018

[Pershire Wellbeing Hub](#)

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 over the summer.

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](#)

Online Safety

Children and young people are online more than ever before, and while time online can be a positive thing, it can also present dangers that we must all be aware of. Please take a look at the links below support to parents and carers to help keep young people safe on the internet.

parentzone

Do you want your family to be safer and happier online, while understanding how to control your data and privacy?

The Family Link tool from Google helps parents to manage their child's digital experience – from screen time limits and app approvals to data permissions and ways to stay connected when apart.

YouTube also offers ways for parents and caregivers to manage their child's YouTube experience, through a dedicated Kids app and supervised experiences for pre-teens and teens. You can learn more at families.google.

Parent Zone has partnered with Google and YouTube to spread the word. Click the link to download a free info sheet filled with tips and tricks on how to help your family stay safe online.

Parentzone website: [Parent Zone | At the heart of digital family life](#)

What can I do right now?

- Maintain an open dialogue with your child and encourage them to talk to you about their internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.
- Create a family agreement to establish your children's boundaries, and your expectations, when on the internet. A template agreement can be found at www.childnet.com/have-a-conversation
- Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.
- Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.
- Encourage your child to 'think before you post.' Online actions can impact not only yourself but the lives of others. Content posted privately online can be publicly shared by others, and may remain online forever.
- Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others. Be able to recommend legal services.
- Familiarise yourself with the privacy settings and reporting features available on popular sites, services and apps.
- If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.
- Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.
- Set up a family email address that your children can use when signing up to new games and websites online.
- Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.

Where can I find more information and advice about online safety?

Childnet: Includes information on how to monitor and access privacy controls.

[Childnet — Online safety for young people](#)

Childline: Advice for young people on all things online safety.

[Online safety | Childline](#)

CEOP: Report to one of CEOP's Child Protection Advisors

[Report to CEOP](#)

Barnardos: Provide specialist services and advice for parents/carers about their child's online safety.

[Search | Barnardo's](#)

NSPCC: Includes information about monitoring you child's devices and parental controls.

[Keeping children safe online | NSPCC](#)

Internet matters: Find information and safety settings for your child's devices and apps and also guidance.

[Keep Children Safe Online: Information, advice, support - Internet Matters](#)

Staying Safe in the Sun

With it set to be a very hot summer, it's good to be aware of how you can keep yourself and your family safe in the heat. Here you'll find advice to keep your cool this summer!

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY

- Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.**
- Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.**
- Reapply every two hours or immediately after swimming or sweating.**
- No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.**
- Seek shade between 11am - 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.**
- Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.**

By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

[f](#) [t](#) [i](#) @BSFcharity

Visit the NHS website to learn more about how you can stay safe in the sun, and what to do if you become unwell:

[Heatwave: how to cope in hot weather - NHS](#)

[Heat exhaustion and heatstroke - NHS](#)



Heat Exhaustion and Heatstroke

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a [heat rash](#), but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

The symptoms of heat exhaustion are often the same in adults and children, although children may become irritable too.

To help prevent heat exhaustion or heatstroke:

- drink more cold drinks, especially if you're active or exercising
 - wear light-coloured, loose clothing
 - avoid the sun between 11am and 3pm
 - avoid excess alcohol
 - avoid extreme exercise
 - if you're inside on a very hot day, close curtains, close windows if it's hotter outside than in your home and turn off electrical equipment and lights that get hot
- Children, older people and people with long-term health conditions (such as diabetes or heart problems) are more at risk of heat exhaustion or heatstroke.