



Pershire High Safeguarding Newsletter

December 2024

Welcome to all parents with the second Safeguarding Newsletter of the year. Although Christmas and New Year are a time for family and festivities we understand that there are parts of our school community that may be struggling with issues and pressures around the cost of living crisis. Inside this issue are a range of links to different services and cost savings which we hope will prove useful to many. We have also signposted to support rather wellbeing and mental health needs.

You are welcome to contact the school if you have any ideas or thoughts on content in future newsletters. Wishing you all a very Merry Christmas and a Happy New Year!

Pershire High Safeguarding Team



The Designated Safeguarding Lead is Fiona Lovecy.

Just get in touch if you need any support or advice.

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 or the 6th Form Team for older students. They will be able to help or



Attendance

At Pershire High School we regard excellent school attendance as crucial to the success of our students. Please make sure that your child is in school as much as they can and contact us prior to school starting on any day that they are too unwell for school. As part of our attendance procedures we may call you or make home visits. We will regularly inform you of your child's attendance. You can check this daily on epraise if you wish.

- **Safety and Well-Being:** Regular attendance ensures that students are supervised during school hours, reducing the risk of harm and exposure to unsafe environments.
- **Academic Progress:** Consistent attendance is crucial for academic success. Students who miss school regularly are at risk of falling behind, which can affect their self-esteem and increase vulnerability.
- **Early Intervention:** Monitoring attendance can help identify students who may need additional support or intervention. Patterns of absence can be indicators of problems at home or school that require immediate attention.

Thank you for your support.

What has happened this term?

We have continued to provide a range of awareness raising sessions to support student's understanding of key safety and wellbeing areas these include:

- Students were able to use tutor time to explore strategies and resources to support their mental health during the week of Mental Health Day.
- Social and emotional support projects in school include the jewelry club. This has expanded its provision with extra workshops, selling their products at the Christmas Fayre, and creating a Christmas Tree in Pershire Abbey—a lovely contribution to the community!
- Through assemblies and tutor activities students have been advised and reminded about reporting incidents of peer on peer abuse, including the school procedures for sexual harassment and separately the importance of kindness and reminders on anti-bullying and how to report.
- Key students have attended workshops and the Year 13's have had an additional presentation around exam stress from Fiona Yoward from West (Wellbeing and Emotional Support Team).



Extra Help



Food Banks

During Term Time school can complete referrals—just contact Fiona Lovecy, Zoe Budding or Rachel Kilmister.

Worcester City (Mon, Tue, Wed & Fri 11am—2pm) 0808 2082138

7 Lowesmoor Wharf, Worcester WR1 2RS, UK

Droitwich (Tues 1pm—3pm & Fri) 07532 130604 / 07532 130604

Droitwich Baptist Church, Ombersley Street East, WR9 8QS

Redditch & Bromsgrove (Mon—Thursday 11am —2pm & Fri 10am– 1pm) 01527 69161

Malvern Hills Foodbank (Mon—10.15am—12.30pm, Tues 1pm—3.15pm, Thurs 10.15am –12.30pm) 07529 322985

Unit 4, Spring Court, Spring Lane South, Malvern, WR14 1AT

Pershore (Tues 11am— 1pm, Fri 1pm—3pm) 01386555347

St Andrews, Church Walk, Pershore, WR10 1BH



Pershore community cupboard is a food project set up to help the whole of the community if they need any food. No

referral is required. They receive donations of food from local supermarkets and want to stop as much food going to landfill as possible. This is a community project open to all. Found at Pershore Baptist Church on Broad Street, Pershore.

See the website for Opening Times: [Community Cupboard \(pershorebaptist.org.uk\)](https://www.pershorebaptist.org.uk)

Help For Houses

- Income Support
- Energy Bills— Cost of Living Payments
- Childcare Costs
- Household costs
- Childcare Costs
- Finding Work



Act On Energy



We encourage energy conservation by providing free and impartial advice to householders and small businesses in Warwickshire, Worcestershire, Coventry, Solihull, Birmingham & the wider West Midlands

Household Support Fund

For those who have previously received funding from the Household Support Fund prior to 30th September 2022 you can now re-apply for funding – subject to the conditions.



Think smart, not shark when it comes to Christmas shopping this year. Shop around, there are many deals and offers out there. Be wary of any new friends offering to help you out quickly, know the signs and get the right help and support you need. We know Christmas can be hard, and if you're looking for a loan there are places you can go other than a bank. Visit www.findyourcreditunion.co.uk or www.findingfinance.org.uk.

For help and support with a loan shark @StopLoanSharksEngland is here to help, contact them today on 0300 555 2222

#shopsmartnotshark

www.stoploansharks.co.uk

SHOP SMART NOT SHARK

RED FLAGS

- A loan – with no questions asked
- Huge amounts of interest
- No paperwork or receipts
- Threats to you and your family
- Forced to hand over valuables as security

Report Today
0300 555 2222

IT COSTS A LOT MORE THAN THE PRICE

TAG WHEN BORROWING FROM A

LOAN SHARK

STOPLOANSHARKS
Intervention. Support. Education.

More Opportunities

Kids Eat for ...

For free at [TGI Fridays](#)

Breakfast for Free at [Beefeater](#)

For £6.49 at [Table Table](#)

Breakfast for free and 3 course meal for £6.49 at [Brewers Fayre](#)

For £1 at [Bella Italia](#)



[Money Helper](#)



Where to get free debt advice

If you're struggling with debt, it can be hard to know where to turn. But with lots of free advice services available across the UK, you can find help in a way that's best for you.

Free Debt Adviser, click this link above and search for support in your local town.



YOUTH BUS

Pershore Riverside Centre are trialing a **FREE** Youth Bus service to bring people to our Youth Club sessions, with a trained Youth Worker coming on every journey. The whole centre is on offer so you can choose to play games, activities, cook or even just chill out!

Our friendly team of youth workers are on hand to make sure everybody who attends has fun, is safe and can access any support they may need!

Pick Up Times:

Peopleton Village Hall - 4.50pm
Flyford Flavell Primary School - 5.00pm
Upton Snodsbury Village Hall - 5.10pm
Crowle Parish Hall - 5.20pm
Norton Juxta Kempsey CofE Primary School - 5.35pm
Drakes Broughton Village Hall - 5.45pm

Return journeys will depart Pershore Riverside Centre at 7.45pm

Spaces are limited to 13 for the duration of the trial, to book a place please contact admin@pershoreriversidecentre.org.uk

Running Tuesday
10th and 17th
December. January
dates tbc.



Kooth is a nation-wide online chat room, commissioned by the NHS, providing support for children and young people. Children need to register to use it but then have 24/7 access to mentors and support. Kooth have produced this video to help parents, carers and young people understand what is on offer.

[Click here](#)

Winter Thoughts and Feelings



Christmas and the winter period can be challenging times for many people with long dark days. Beacon House Therapy have provided a range of resources to select to provide activities, help and advice to support people—young and old, through the winter period. Take a look and see what suits you and your child to manage your thoughts and feelings.

[Winter Resources](#)



Free advice and support is offered at Pershore'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

[Pershore Wellbeing Hub](#)

Reminder

Students who are in need of medication in school—e.g. prescriptions and painkillers should not hold medication in their bags and pockets. Please ensure medication is delivered into the school office with the child's name, tutor group and dosage details clearly labelled. Students with long term health issues—please ask for a PCP form.



Help with anxiety—Lumi Nova app

NICE National Institute for Health and Care Excellence



We are pleased to announce a new service Lumi Nova, a new and exciting app that is designed to help children overcome mild to moderate anxiety.

The app is an effective and fun therapeutic mobile intervention that helps improve anxiety for **children aged 7-12**. Lumi Nova can be used to support young people experiencing social anxiety, separation anxiety and phobias through highly effective Cognitive Behavioural Therapy (CBT). The app, funded by the NHS is totally free and uses an interactive game platform to help breakdown fears and worries into manageable steps.

For more information please click here: <https://luminova.app/>

or use this link to watch their video for parents: <https://youtu.be/mmgrU4zXU3M?si=JuasTQJPqAYIZoFQ>

New Mental Health Provision

Your Space Mental Health and Wellbeing Hubs for Children and Young People aged 11-25



Your Space provides a free single point of early access, without the need for an appointment or referral* to both one to one and group support for children and young people in community locations across Worcestershire. Your Space can help children and young people facing a range of issues including: low mood, anxiety and stress, improving self-esteem, confidence, and building resilience, managing emotions, support with relationships, family, friends, bullying and boundary setting, self care, exercise, sleep, routines and motivation, difficulties in school and college, online safety, housing and benefits

No referral is required for anyone over 16 years, just complete the self-referral form. Those under 16* will need a parental/professional referral, with parental consent. Your Space runs in venues across the county, including Evesham

To find out more or download a referral form please visit:

[YourSpace Children and Young People's Hubs](#) or use the QR code



Parenting Support—Courses

Highly recommended range of courses with free access for Worcestershire parents.



The courses are aimed at parents and carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. The courses have been developed by registered professionals within the NHS, working with practitioners and parents to develop new resources to support emotional health and wellbeing in children, families, and adults. The courses can be accessed on any PC, laptop, tablet or smartphone.

The groups aim to:

- Promote understanding of children's behaviour within the context of developmental issues
- Promote the development of parent/child relationship
- Increase confidence and self-esteem in both parents and children
- Give parents a strategy for repair when things go wrong
- Promote reflective, sensitive and effective parenting

Use PARENTSROCK as your free access code.

Online Safety

Worried about an inappropriate image?

Report, Remove Report, Remove is a service to help young people under the age of 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet. Sadly, the sending and receiving of nudes is something the current generation of young people have to deal with as they navigate the online world in which they live in.

Pupils at PHS are taught about the law behind the making and sending of such images. However, apps like Snapchat make it very tempting for some to fall into the trap of doing so, despite it being illegal. Up until very recently, it has been almost impossible to have an image or video removed once it has been shared. This can lead to humiliation and shame for the person who has posted the image/video even though they are often the victim. Childline has created Report, Remove which enables the image or video to be removed from the internet by filling in an online form and reporting it. For further information click here: [Report, Remove](#)



Nude image of you online?
We can help take it down.

Ofcom's Report on Attitude to Media Use

Ofcom's 2024 report has some interesting and worrying trends that are worth bringing to your attention

Talking to strangers

Young people in the comprehensive survey provided an insight into the risks they expose themselves to in online gaming. Playing online with unknown people, especially if there is chat interaction presents a range of risks including grooming, bullying and sextortion. Are you aware of who your child is talking to through games?



Social Media—Duplicate Accounts and Risks

Further information was provided on young people's profile use for social media. The data shows that 58% of 8-17s use multiple profiles on at least one social media platform. When asked why this was:

- 23% because one account was just for parents/family to see
- 21% one account was for close friends and one was for everyone else
- 13% one account was for the 'real me' and another contained edited/filtered posts or photos.

Many children therefore feel the need to present distinct aspects of themselves on social media depending on the audience. Could your child be hiding duplicate accounts?

You are probably aware of the current age limits for social media apps. The fact that many young people set up social media accounts before the accepted age of 13 means they have to lie on the profile about their DOB to be accepted. If they set up e.g. a Snapchat account at the age of 8 they will be seen as 13 by the algorithms in the app. When they are 13 the app will therefore think they are 18 and expose them to content designed for adults.

To read the full report [click here](#).

E Safety filtering & monitoring

The school system filters inappropriate content coming into school. In addition to normal controls extra filters are added to ensure our young people remain safe.

We have regular checks on all school computer use to ensure students and staff are using equipment safely. PHS uses monitoring software which checks for key words and images for example homophobic, racist, bullying, abuse or drug terms. The list of words and phrases is based on the Government's recommendations.

Students that are found to have deliberately entered inappropriate text or searches will be spoken to and sanctioned. Sanctions will escalate for repeat offenders and serious incidents. We appreciate parent's support on this.