



Perschore High Safeguarding Newsletter

Summer 2024

After a busy year, we now reach the summer break with many students (and staff!) ready for a rest. This newsletter provides some pointers to summer activities to keep children busy over the summer, as well as some updates on school achievements this term and some great news from the local Police. Check out the support for families on page 4 including offers of free food for children!

Don't forget alongside the advice in this newsletter the school website pages (Safeguarding and Supporting Families, and Mental Health and Wellbeing) are packed full of links to help and advice over a wide range of areas.

Who is on the Perschore High Safeguarding Team?

The Designated Safeguarding Lead: Fiona Lovecy



Email: 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.



Perschore High School Safeguarding Team:



Phil Hanson
Headteacher



Fiona Lovecy
Safeguarding Lead



Zoe Budding
Deputy DSL



Andrew Nockton
Deputy DSL



Danny Hilditch
Deputy DSL



Rachel Kilmister
Deputy DSL

What's been happening in school?

- We are delighted that this year's Prince's Trust Group, working alongside Riverside Youth Centre, have all completed their project work successfully. Feedback from Bradley Edmunds, the Youth Centre Manager was very positive about the group who developed a range of practice skills and leadership.
- A reminder we are still able to offer the online Safety course to parents in late February. The webinar from that session is still available and provides useful information and advice to all parents of teenagers! [Use this link to find out more—click on the link to You Tube.](#)
- Perschore High School is also delighted to be working in partnership with the Lucy Faithful Foundation as a part of a National project to develop good practice in regards to sexual harassment in schools. The project workers will report back to the Government to support the development of strategies in the future. Laura Nott, from the Lucy Faithful Foundation gathered feedback and ideas from members of the student council.
- 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 and are aiming to have a stall at Perschore Plum Festival. Please visit them!
- During the first part of the summer term we had a whole school focus on Wellbeing often identified as the 5 ways to Wellbeing. Assemblies and tutor activities focused on healthy eating, wellbeing habits, the importance of exercise and having active habits and mental health.
- Students in Year 7 have been considering bullying in their English lessons and created letters to Mr Hanson arguing about the dangers of bullying and supporting the actions to take against bullying. A great focus on an important topic.
- You may be aware of the Spirited Art Multifaith project tutor groups have been working on lately. All students contributed to a piece of art representing anti-racism. A high standard of competition has led to some amazing entries from the school for the national project. We hope to hear success in the near future!



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Student Activities



Persnore Riverside Youth Summer Programme Schedule 2024 is here!

Mainstream Program (7-13) year olds:

Monday 5th August - Welcome games session

Tuesday 6th August - Graffiti & street art - the history of the art form and posca session with [Clik Clik Collective](#) + Water Sports!

Monday 12th August - Music workshop with [Severn Arts](#)

Tuesday 13th August - Water Sports! [Bonkers Activities](#)

Monday 19th August - Spectacular Circus skills with Shooting stars



empower
active

Empower Active are holding holiday camps in both Droitwich and Evesham this year.

The camps provide a range of positive physical activities as well as other activities to engage children. They are registered by Ofsted and provide whole day supervision for your child. Some HAF paid placements pay still be available.

Click here to visit their website and find out more;

[EmpowerActive](#)



233 (Persnore) Squadron

Open Evening - 5th September

Are you aged 12 - 17?

Discover the Exciting World of the Royal Air Force Air Cadets with Flying, Gliding, Fieldcraft, Shooting, Drill, Camps, Adventure Training, STEM Projects and much, much more!

- Take part in interactive demonstrations
- Meet the cadets and hear about their experiences
- Q&A Session with staff and cadets

Next intake starts Monday 7th October 2024



<- Sign up here!

233@rafac.mod.gov.uk

@233sqn

233 (Persnore) Squadron,
Persnore High School,
Station Rd, WR10 2BU

ROYAL AIR FORCE AIR CADETS
the next generation

Free Days out in Worcestershire!

[Worcester City Museum and Art Gallery](#)

[Wyre Forest](#)

[Worcester Cathedral](#)

[Bewdley Museum](#)

Tudor House Museum



SUMMER CRICKET CAMP

SOFT BALL CRICKET

AGES 6 TO 12

book here

HARD BALL CRICKET*

AGES 9 TO 16

*must have experience in playing hard ball cricket

Tuesdays, Wednesdays and Thursdays each week during the Summer Holidays

£20 per day | £50 per week or £270 for all dates



Contact Chris Ridings
Email: ridings9@hotmail.com | 07988 781998

Community Updates



West Mercia
POLICE

Message from PC Amy Hunt, Pershore SNT



Between July 2022 to July 2023 and July 2023 to July 2024, we have seen a reduction in Anti-Social Behaviour (ASB) in Pershore of almost 21%. We would like to thank all of the students, staff and families who have helped us to reduce the number of ASB incidents in the Pershore Town policing area, and we hope to continue to see a reduction over the coming months. To find out more about what is going on in your area and ways to engage with your local Safer Neighbourhood Team, we invite you to join our messaging service, Neighbourhood Matters. **Read more and sign up at <https://neighbourhoodmatters.co.uk/>**. Have a fantastic summer break! – Pershore Safer Neighbourhood Team.

Introduction to Katie Radford, PCSO

Hello Pershore High, I am PCSO Katie Radford and I am the new Safer School Officer for your school. You may have already seen me around school, but for those who haven't, I wanted to introduce myself and let you know why I am at school and tell you more about my role. I will be in school delivering assemblies, educating you on things that may affect you in your lives or things you should be aware of that happen in the communities you live. To give you advice on how to keep yourself and others protected from the potential dangers that pose a risk to your generation and educate you on the laws and consequences of becoming involved in criminal activities. I will also be around during lunchtime, not to police the playground and watch your every move as such, but for you to feel able to approach me and have a chat, about anything that may be worrying you, about how your day is going, your plans for the weekend or anything you may want to have a chat about. I am friendly, I promise! So, if you see me in my neon uniform walking about, please do say hello! I'm excited to get to know you all and above all help to make your time at school a happy, safe one!



Watch out! Online Grooming Advice



the rise.

There has been a **84% increase in online grooming crimes** in the last 4 years. **1/3 of children put themselves in danger** by playing online regularly with strangers.

Over the course of a year, Breck was groomed online by an 18-year-old man who ran the internet gaming server that Breck and his school friends used every day.

The groomer used lies, manipulation and false promises to gain Breck's trust. Despite many attempts by Breck's parents to stop Breck's communication with the groomer, he ignored the safety advice he had been given by friends and family and was lured to the groomer's flat. On February 17, 2014, **Breck was murdered by his online groomer.**

The Breck Foundation was created to provide training, awareness and advice to schools, Parents and young people and build awareness of online grooming. The website—[click here](https://breckfoundation.org.uk/)—is well worth a look. It includes guidance on how to open up conversations with young people and a glossary of terms to help you navigate the online chat.



Cyber Security Resources for Young People - Parent Zone

The issues around cyber security have featured heavily in the last few months. This is largely in response to the massive shift in people's social and familial life from the real world, to the digital space. It is vital that we begin teaching children and young people, the do's and don'ts of online safety before they have to learn the hard way. Parent Zone, an organisation that deals with the digital aspect of young people's lives have produced child resources. Please follow this: <https://parentzone.org.uk/article/cyber-security>

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.



worcestershire
county council

Household Support Fund

Run by the Department of Work and Pensions with provide help to those most in need like families with children and people with disabilities. It is to help provide financial support towards energy, water costs, heating repairs and service, support with food costs and wider essentials.

[Visit this page for further information.](#)



Act on it Energy

A range of advice and provision is available in Worcestershire including energy advice, support with bills and energy efficiency grants.

[Click here to find out more](#)

Groups and Activities for Children

A range of services for support and activities in Worcestershire

[Click here to search further.](#)

Help with Food

If circumstances have changed you may be eligible for your child to have Free School Meals—[click here for help and support.](#)

For help in the school holidays for meals for children see [Ready Steady Worcestershire.](#)

Getting Help with Debt

[Click here](#) to find out options.

And [Advice on money.](#)

Wychavon Cost of Living support

[Click here to find out more.](#)



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Health and Wellbeing

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"



Don't let bugs play on your mind. 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, using the NHS 111 service, or visiting an urgent care service.



Bereavement Service

2WISH bereavement support services offer free support to anyone affected by a sudden or unexpected death of a child or young person (aged 25 and under). Immediate support, ongoing support, play therapy, peer support groups, family days out, counselling and more is offered for free by 2WISH.

Contact: info@2wish.org.uk

Pershore Support



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

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

Website: <https://pershore.foodbank.org.uk/>

Help is available over the holidays in Pershore. To get a voucher for the foodbank contact Fiona Lovecy at fl@pershore.worcs.sch.uk or Mrs Kilmister at rk@pershore.worcs.sch.uk. The voucher will cover 3 days of emergency food. Citizens Advice attend to help people on Fridays and further help is available with fuel bills and cost of living.



Pershore community cupboard is a food project set up to help the whole of the community if they need any food. 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 \(pershorebaptist.org.uk\)](http://Community Cupboard (pershorebaptist.org.uk))



Free advice and support is also 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