



Pershire High Safeguarding Newsletter

April 2024

Welcome to the summer term! As well as our usual updates on what has been happening in school we have a wide range of information and advice to share with you, as well as some great offers of help. Parenting can be challenging for anyone, especially as young people hit puberty. Please take a look at the range of parenting opportunities available - courses and advice. Try them out—they are highly recommended! The Police have again asked to share their flyer on E-bikes. Find it on the back page of this newsletter. This term's pastoral focus is wellbeing and mental health so information and links are available on p4.

Always remember we are here to help —just get in touch.

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

Warning from Cranstoun, Substance Abuse Service

Cranstoun – Contaminated Vapes

Update - We are aware of vape liquids & pens containing very strong synthetic cannabinoids 'spice' which are likely being sold as THC vapes. These are causing unintended effects in those who use them.

Find more information and advice from Cranstoun, please click on the link [Drug Alert - Contaminated Vapes - Cranstoun](#)



Kooth.com provide free, online chat support for young people on any worry, anxiety or just need for advice. In April Kooth are running free KoothTalks training webinars specifically to **help parents support young people sitting exams** especially if you are worried about your child's anxiety: **Booking links:**

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)



If you, or someone you know, has been caring for a child that is not a close relative then you might be a private foster carer.

If you have had a child under the age of 16 (18 if they have a disability) living with you for 28 days or more then you have a legal obligation to notify the Local Authority.

For more information, Please contact Worcestershire Children First, by telephone **01905 822666**

To find out more, including a full definition of 'close relative', visit: www.worcestershire.gov.uk/privatefostering



Useful Updates

What's been happening in school?

- We have successfully completed the Be You Project with a group of students. Students who completed the programme proudly presented to an audience of parents, staff, Governors and local dignitaries at a graduation ceremony. A great achievement!



- Pershore High now have Trauma Informed School status. This is a nationally recognised award which supports schools in identifying and supporting students with trauma symptoms. Staff are undergoing further training and there will be a gradual process of developing policies and systems to support a trauma informed approach.
- A new cohort is now starting the Prince's Trust Programme working alongside the Riverside Youth Centre. This provides a qualification for the young people and develops their skills in team working and problem solving.
- We were delighted to offer an 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.](#)

Understanding your Teen

Action for Children are hosting a 10-week group programme to help families with children aged 11-19 help find out more about sleep, bullying, relationships and why their teenager behaves the way they do.

This digital course starts on Wednesday 24th April and runs until Wednesday 26th June, 9:30 to 11:30.

For more information please contact Tanya at tanya.japel@actionforchildren.org.uk



Harmony At Home

Worcestershire County Council have a whole range of resources available to support families that are experiencing conflict. Issues within families are known risk factors— for poor child outcomes, especially when it is ongoing. The resources will also help with conflict with children, providing tips and advice and plenty of useful signposting to other sources of support. Addressing difficulties early on can prevent escalation.

Harmony at Home is Worcestershire's approach to the Reducing Parental Conflict (RPC) initiative in partnership with the Department for Work and Pensions (DWP) and organisations from our multi-agency Reference group.

Find more information or to make a referral to this service, please click on link [Harmony at Home | Worcestershire County Council](#)

[Relate Worcestershire](#) also provide a mediation service.

In addition services are provided by the [Family Mediation Service.](#)

Barnardo's Parental Conflict

Barnardo's also have a useful offer for parents.

There are many forms of conflict in relationships and not all are bad. Harmful parental conflict is a pattern of damaging behaviour that can include:

- Shouting or aggressive arguments.
- Not speaking to each other regularly or for long periods.
- Being disrespectful.
- Letting issues linger rather than sorting things out.

Recognising parents are role models for children so if we can remain calm and respectful whilst addressing any disagreements, it provides our children with important life skills for future interactions with others.

Please click on link [Parental conflict | Barnardo's Family Space \(barnardos.org.uk\)](#)

Community Opportunities



is a charity working across Worcestershire & Herefordshire, supporting over 8,500 local people each year to live the best life possible. Learn more about our FREE services and how they might help you and your wellbeing.



SOCIAL PRESCRIBING ADVOCACY
EMPLOYMENT SUPPORT MENTAL HEALTH
LIFESTYLE & WEIGHT LOSS
LONELINESS & ISOLATION WELLBEING
CHILDREN & FAMILY SUPPORT

We support people to tackle the issues that are impacting adversely on their health and wellbeing, providing independent and individually focused support, to enable them to live better lives.

We focus on making sure people are seen and treated as individuals, their needs and wishes are fully respected and they are connected to other people and their communities.

You can find us online at www.onside-advocacy.org.uk

and on social media too    

☎ 01905 27525

✉ accesshub@onside-advocacy.org.uk



Our Children, Adolescents & Families (CAF) Team support children, young people and their families with a whole range of issues and problems that may be affecting their **health and wellbeing**. We can help you to feel more **empowered, build your confidence** and enable you to **take greater control of your life**. Support is **person centered** and tailored to **your individual needs**.

CAF Link Workers will provide support and advice to children and young people who are experiencing issues with low level mental health, family relationships, education & training, health & wellbeing, special education needs & disabilities, and traumatic life events
Currently the CAF team support young people between the ages of **8-18 years old**. If you need support for a young person under the age of 8, please speak to your GP

Our CAF Link Workers:

- Enable young people by developing strategies and techniques to improve wellbeing
- Are a central point of contact for young people and their families, can be actively involved in managing their care, advocating for them, and developing personalised care and support plans
- Help young people and their families to make good choices and be empowered to address changes

Benefits of our support can include:

- Positive change to wellbeing and mental health
- Improved confidence, motivation, and self esteem
- Participation in new activities and learning new skills
- Making positive changes for a better quality of life

If you feel you or someone you know would benefit from the CAF service - please contact your GP who can make a referral

For further information please visit our website at: www.onside-advocacy.org.uk/cafpcn



worcestershire
county council

Home Upgrade Scheme

Don't miss out on Free Home Improvements now available to Worcestershire residents The Home Upgrade Grant scheme (HUGs) is designed to tackle colder homes that do not have mains gas central heating. Homeowners and tenants in Worcestershire could benefit from a variety of measures to help reduce energy bills including: internal and external wall insulation, loft and cavity wall insulation, air source heat pumps, solar panels, draught proofing and many more. Worcestershire County Council is working in partnership with Wychavon District Council to deliver this programme.

To qualify, households must not use mains gas to heat their home, have a gross annual income of less than £31,000 with a current Home Energy Performance Certificate (EPC) rating of D to G. Funding is also available for landlords in the charity and private rented sector. Those who qualify for the scheme will undergo a free technical survey to determine the most suitable energy efficiency measures.

See the Worcestershire County Website page for more details Alternatively please visit the HUGs webpage for full eligibility and details how to register your interest or contact Act on Energy on their free advice line 0800 988 2881. All projects must be completed by March 2025.

Wellbeing & Mental Health

As many of you know we offer a range of support around mental health. This is a graduated approach from home school awareness and signposting, to referrals into Camhs and other specialist services. We have two volunteer counsellors starting this term, for one morning a week. These are practitioners working towards their Level 4 qualification.

At the heart of our provision is the service from WEST (Wellbeing and Emotional Support Team). This is an in school service, provided by the NHS to give young people access to mental health and wellbeing support 1-1 or in group settings. It is about ensuring young people can get access to the right help as early as possible. Pershore High's assigned workers are Fiona Yoward and Senior Practitioner Katie Jenks.

WEST referrals can be completed alongside House or Safeguarding staff in school for areas of concern such as low mood, anxiety, worry management, sleep hygiene and other minor to moderate mental health needs. Students receive an assessment following the referral and if accepted usually receive 6-8 weeks of CBT based therapy. Sometimes parents or carers are also part of the work. Students need to be ready to engage in the sessions and practice some of the skills outside the sessions.

Find out more [here](#) or contact your child's House Team or Fiona Lovecy, Safeguarding lead.

Remember as well that the school website has a wide range of further links and resources to help with mental health and wellbeing.

[School page link](#)

Wellbeing and Mental Health Links

[Anna Freud Mentally Healthy Schools website](#). An online website with a breadth of resources regarding mental health and wellbeing!

Herefordshire & Worcestershire Urgent Help: 0808 196 9127 (free phone 24/7, 365 days a year)

Young Minds Parent Helpline: Call 0808 802 5544 Monday-Friday 9:30am-4:00pm or [visit their website](#).

Young minds 85258 (crisis messenger service, text YM): Parents Helpline and Mental Health Help for Your Child.

The YoungMinds Parents Helpline, Webchat and Email provide support and help for parents and carers worried about their child's mental health and wellbeing.

[Reach4Wellbeing](#) Delivers group and 1:1 session for families and young people to provide skills and strategies to support emotional regulation.

Starting Well Partnership Runs free online and face to face courses to support children and families. [See website](#).

Who can help parents? Support with parenting from the NHS

Our teams at the Starting Well Partnership are here to help you with all aspects of parenting. If you feel you're struggling and need some support, you can make a [request for parenting support via our online form](#).

Parental Mental Health: One in 6 adults in the UK experience mental health difficulties and parents are not exempt from this. There are lots of teams and services on hand to support you, whether you are experiencing common mental health problems such as stress and anxiety, or more significant changes which are having a bigger impact on your day-to-day life. It doesn't matter whether you're mum, dad, gran or grandad, there is still support available to you. To find out more visit the [parental mental health section](#).

Domestic Abuse Help

It is known that incidents of domestic abuse can increase by 38% over the holidays—please seek help if you need it:

Women's Aid 24hr Helpline 0800 980 3331 Male Domestic Abuse Helpline 24hr 0800 014 9082

Community Updates

Are electric scooters legal in the UK?



You can legally buy e-scooters in the UK but you cannot ride them on a public road, cycle lane or pavement.

You can only ride e-scooters on private land with the landowner's permission.

This is because e-scooters are legally classed as motor vehicles and so must be taxed, insured, licensed and have a valid MOT. They must also have number plates, signal lights and visible rear lights. As most e-scooters do not have these features, they cannot be used legally on UK roads.

What happens if I am stopped by the police?

You will be advised on the law, may be asked to take your e-scooter home and may also risk the scooter being seized.

Depending on the seriousness of the offence you may also receive a Fixed Penalty Notice of:

- £300 and six penalty points for driving with no insurance
- £100 and three to six penalty points for driving with no licence

Other offences you should be aware of that will also result in penalties include:

- Riding on the pavement which may result in a £50 Fixed Penalty Notice
- Using a mobile phone while riding which may result in a £200 Fixed Penalty Notice and six penalty points
- Riding through red lights – Fixed Penalty Notice of £100 and possible penalty points

Alcohol and e-scooters

If you are caught riding your e-scooter while over the legal drink drive limit then you will face the same penalty as someone caught drinking driving in a car. This includes a fine imposed by a court, a driving ban and possible imprisonment.

E-scooters and anti-social behaviour

If you're using an e-scooter in public in an anti-social manner, you can also risk the e-scooter being seized under Section 59 of the Police Reform Act.



Warwickshire Virtual School

Worcestershire Virtual School

An information session for the parents and carers of children who are previously looked after*

An Introduction to Education in Warwickshire and Worcestershire

1 ½ hour session

Heidi Wilde and Jade Busby
Education Advisers

Warwickshire Virtual School and Worcestershire Virtual School



Date: Tuesday 30th April
Time: 10am – 11.30am

Venue: Virtual TEAMS Meeting

Please note, this will be a repeat of the information session that took place during the spring term of 2023.

Topics will include:

- The role of the Designated Teacher
- Choosing a school
- Transition support
- Pupil Premium Plus
- SEND – signposting for your local authority
- DfE guidance for Virtual Schools (in relation to children who are previously looked after)

*Department for Education (DfE) definition 'a previously looked-after child is one who is no longer looked after because s/he is the subject of an adoption, special guardianship order (SGO) or child arrangements order (CAO)'

Enquiries & Bookings

This course is organised and funded by Warwickshire and Worcestershire Virtual School.

To book onto the course, please follow the link below to complete a short form with registration and contact information.

[Book here.](#)

Why might you want to attend this information session?

To enhance your understanding of how you could support your child with their education

To broaden your understanding of the support that could be available for your child



OFFICIAL



Pershore High works closely with the local Policing team (Pershore Town Safer Neighbourhood Team and rural Police teams) with regular meetings and visits to school to enable students to engage with the local officers. New Safer Schools Officer, Katie Radford, has also been appointed and will be offering additional support to students.

Superintendent Ed Hancox, Head of Prevention has recently updated schools on some of the services being offered. Parents are invited to attend sessions on online harms and how to keep young people safe. Sessions can be accessed online using this link—

[Exploitation and vulnerability training | West Mercia Police](#)

Programmes for students at risk include: **Steer Clear** - aiming to educate young people under 18 who are at risk of getting involved with knives, and **Climb**—a diversionary programme for young people under 17 who are at risk of exploitation.

Contact Fiona Lovecy to discuss these programmes further. fl@persnore.worcs.sch.uk