



Pershire High Safeguarding Newsletter

Autumn 2023

Welcome to new parents with the first Safeguarding Newsletter of the year. Safeguarding newsletters will be sent out on a regular basis to advise parents and students of the Safeguarding and wellbeing provision we have in school and giving further advice and support on services that are on offer from agencies and the wider community. You can see past copies of the newsletter on the school website on the Safeguarding page, alongside policies and other links. Included on this is the Early Help Offer, detailed on the next page. Please take a look at how we can help students and families. On the last page you will find the letter regarding Operation Encompass explaining the role we have in regards to students experiencing domestic abuse.

Support for Parents in Worcestershire

Early Help in Worcestershire recognise how important it is that families know where to go and get help and support.

The Family Hub can help you find the most appropriate support and information for the challenges family life can bring. For more information about Early Help in Worcestershire, please visit: <https://worcestershire.gov.uk/familyhub>

They have also created a booklet to help families find out about the help and support available in the county for children and young people aged 0-18 years old. This booklet will help you and families find the most appropriate support. [Download Early Help in Worcestershire - Support for Families.](#)

Strongly Recommended for all parents!

The Solihull Approach - Understanding your teenager's brain is a course for parents or carers of teenagers. The FREE course is specifically designed to help know more about how the teenager's brain works, which in turn helps parents/ carers to understand teenage behaviour better – why they can be impulsive, need to sleep a lot, be emotional, rebellious, take risks, be disorganised or distracted. Parents can access this course for FREE by visiting In [Our Place website](#) and using the access code PARENTSROCK.

Who is on the Pershire High Safeguarding Team?



The Designated Safeguarding Lead is Fiona Lovecy. Fiona has 16 years experience as a Safeguarding Lead and has extensive knowledge of local systems and provision. She started at Pershire High School last September and is available on a daily basis to work with students, staff and parents. Just get in touch!

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.

What has happened this term?

We are delighted that we have been able to run a whole series of events to support themes around Safeguarding and mental health this term already. Highlights include:

- A powerful play by theatre group Act On It in partnership with Charity 'Our Time' was performed to Year 7 students. It covered awareness around mental health problems and stigma.
- Assemblies have been held alongside West Mercia Police Safer Schools officers to share details of Operation Sceptre—the campaign against Knife crime to increase awareness and support safety on the streets.
- A strong message was shared by a further drama group in partnership with 'Get Safe' delivered to Year 8 students on the risks of exploitation and gangs.
- Exam stress is already on the minds of Year 13 so a special presentation was arranged, delivered by West (Wellbeing and Emotional Student Team) to provide reassurance and strategies for coping with stress.

PHS Supporting Families

What is Early Help?

Early Help means providing support as soon as a problem appears, to stop it from getting worse. This could be at any point in a child's life, from birth to the teenage years.

Anyone can provide early help – you don't need to be an expert professional. Early help is not about passing the issue on to an expert, but thinking about what is the best support that can be provided or found. PHS can provide effective support by:

- Listening
- Working with other people who could help
- Finding out about specialist agencies who could help
- Filling out referrals and /or Early Help assessments
- Contacting Worcestershire Children's First (Children's Social care) if we think the problem is more serious.

Everyone needs help at some time in their lives and therefore an ethos of early help is important for any school. The PHS coordinated offer of Early Help is now called Supporting Families and is outlined below. We believe that early interventions for children or families, in many cases, will prevent children from experiencing harm and live happier, more fulfilled lives.

We also liaise with other agencies and people within the local community. [Look on the website for the full version](#) with links to community support and wider agencies.

At Pershore High School we meet the needs of our children through a variety of ways:

- **Working in partnership with families**
- **By monitoring attendance**
- **Training staff**
- **Ensuring effective pastoral support**
- **Referring and taking appropriate action for students we deem at risk**
- **Referring on to agencies for further support**

Any child may benefit from early help, but all school staff will be particularly alert to the potential needs for early help for a child who; is disabled, has special educational needs, is a young carer, is showing signs of being drawn into anti-social or criminal behaviour, is frequently missing from home, is misusing drugs or alcohol, is at risk of exploitation, is in a family circumstance with challenges for the child such as substance abuse, adult mental health or domestic abuse, has returned home to their family from care, is showing early signs of abuse and/or neglect, is at risk of being radicalised.

FORM TUTORS	Each Form has an email address – the Tutor Group initials and then @pershore.worcs.sch.uk	Form Tutors see your child for up to 30 minutes a day, split between morning Registration and afternoon Tutor Time. Form Tutors support students on a daily basis and are able to liaise with parents regarding minor pastoral and academic issues.
TEACHING STAFF	Please see staff contact list in the Parent Handbook on the website.	Most teaching staff have Tutor Groups and as such are fully involved in the pastoral care of our students. At Pershore High School we believe that safeguarding our students is everyone's business and as such all members of staff will support students when this is needed.
HOUSE TEAM	ArmstrongCentre@pershore.worcs.sch.uk KingsleyCentre@pershore.worcs.sch.uk MagellanCentre@pershore.worcs.sch.uk	Pershore High School operates a 'House' system. There are 3 Houses, Armstrong, Kingsley and Magellan Houses. Each House has a Head of House, Deputy Head of House and Pastoral Manager. The House Team support the Form Tutors, students and parents for both academic and pastoral issues.
INCLUSION CENTRE	SENCo – Richard Grant rg@pershore.worcs.sch.uk Please see SEND information on website for further details.	The Inclusion Centre is a purpose built centre that caters for all diversity of Special Educational Needs and Disability. It has facilities for students throughout the school who require appropriate additional intervention during their high school education years.
NURTURING PROVISION	dc@pershore.worcs.sch.uk	Students are able to use the Inclusion Centre as a quiet base when required. This support is organised in consultation with our SENCO, House Teams and parents. The support might include lesson time in the Inclusion Centre that has been agreed in advance, or through use of a Time Out card or as part of a reduced timetable.

PHS Support

ATTENDANCE

Student Support Officer – Attendance Lead: Andrea Whittingham – attendanceteam@pershore.worcs.sch.uk
Tel: 01386 552471

Our attendance procedures are in place to safeguard students and ensure that school know where all students are. We ask parents to ring or email school prior to 8.50am starting to tell us their child will not be present. School then logs these contacts. Registers are taken at 8.50am. School will call the parents/carers of any student who is not registered and not marked as absent. The earlier these calls are completed, the earlier school will know if a student is not school when they should be and putting into place our safeguarding procedures. Parents can help with this by letting us know as early as possible when their child is not in school.

For information we are required by the Department for Education to report any lateness after the register closes (9.20am) as an absence and this will show as such in the student's attendance record.

We ask parents to let school know if there any issues regarding their child's ability to attend school. We are keen to work closely with parents to overcome any potential problems and assist with any support necessary.

Counselling and Mentoring

We have developing a range of counselling and mentoring provisions in school for groups and individuals:

- Mentorlink provided individual 1-1 mentoring with a external, independent mentor on a weekly basis.
- We run internal interventions for a range of student needs including low mood, anxiety, social skills and self esteem. We are continuing to expand this selection.
- For selected students there is a limited counselling service internal with a Level 3 practitioner, Kate Burstain who attends school one morning a week.
- Externally we work in partnership with Pershore Youth Centre with Martha, a trained counsellor.
- Nightstop is a external charitable service which provide support for some of our students.
- We also have a Youth Mentor in partnership with Pershore Riverside Centre, two days a week. Sian Gray is a qualified Youth worker and is a recent addition to the team.
- WEST—Wellbeing and Emotional Support Team—is an NHS service, working as part of Camhs in school to provide therapy work with students who show higher levels of anxiety, low mood or some other areas of emotional challenge.

Contact the Safeguarding Team or your child's House Team if you would like to discuss any of these options if your child has a need. We will also refer externally or signpost to many other services. See some below.

Year 9 NHS Blues Programme. This year we are taking part in the Blues Programme with all our Year 9 students. All students complete a questionnaire to determine their mood level. These are analysed and students that indicate lower mood participate in a 6 session programme with trained workers from Action for Children. The first groups are starting after half term and then more after Christmas.

Schools: Student mental wellbeing tool kit

NHS England Midlands

Where to go for help:

shout 85258
SHOUT provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.

PAPYRUS
Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPElineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).

childline
ONLINE, ON THE PHONE, ANYTIME
Childline offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111 or students can have a one-to-one chat with an [online advisor](#).

SAMARITANS
Samaritans are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at jo@samaritans.org.

THE MIX
The Mix offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.

YOUNGMINDS
Fighting for young people's mental health
YoungMinds Crisis Messenger provides free crisis support and links to a range of support options.

NHS
All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

Digital resources:

Calm zone | Childline
Activities and tools, wellbeing exercises and interactive games for under 19s.

Mental Health - The Mix
Online articles and discussion forums for 11 – 25 year olds.

Home – Kooth
Online mental wellbeing community for 10 – 25 year olds.

Self-care tips videos for young people - Every Mind Matters - NHS (www.nhs.uk)
Online self-care video library.



Useful Signposting

A series of useful links and websites for use by students and/or parents.

Qwell – an online platform that offers free, safe, and anonymous mental wellbeing support to adults aged 19+ across Worcestershire. The service can be accessed by visiting <https://www.qwell.io/>. Adults can watch this [informational video](#) to find out more about how Qwell works.

WOO (Shout)– A free, confidential, 24/7 text messaging support service for **anyone** who is struggling to cope. Text **WOO** to **85258** to start a conversation or visit <https://giveusashout.org/> for more information.

Parenting workshops, courses and groups – All sessions are free to attend, are run by trained staff and can be accessed at: <https://www.startingwellworcs.nhs.uk/parenting-groups>

Kooth - an online platform that offers free, anonymous online mental health and wellbeing support and counselling to young people aged 11 to 18 years old across Herefordshire & Worcestershire. Kooth can be accessed by visiting <https://www.kooth.com/>.

We all have arguments

How do you resolve yours?



How might your children feel when you argue?

Harmony at Home is Worcestershire's approach to the Reducing Parental Conflict (RPC) initiative.



Parental conflict, can range from swearing and shouting between parents, to children feeling like they are walking on egg shells when the conflict is more silent. This is known to have a negative impact on the life chances and well-being of children and young people, particularly when conflict happens a lot, and is left unresolved.

For more information and resources to support healthy relationships please visit:

www.worcestershire.gov.uk/harmonyathome

SEND Help

Alongside the support offered in school there are a range of services offered by the local authority.

Use this link to find out more:

[Education, schools and colleges \(SEND\) | Worcestershire](#)



Immunisations and Vaccinations for Children in Worcestershire

Has your child missed a school-aged immunisation?

Do you want to arrange their flu vaccination?

Do you have a child with SEND and want to know how to access school-aged immunisations and flu vaccination?



How to Book:

You can book an appointment at one of our local clinics by calling the Worcestershire Vaccination Team directly on 01527 390030



SWANS



SOUTH WORCESTERSHIRE ADDITIONAL NEEDS SUPPORT

We are a friendly, nurturing support group for parents, family members and carers of children with Additional Needs, covering South Worcestershire. We meet to discuss our SEN journey and share our experiences and knowledge along the way. We meet face to face at PERDISWELL YOUNG PEOPLES CLUB to enable people to access the group in a central location where we also have the privacy to discuss sensitive issues. You can come to this group whether you have a diagnosis or not. Please note this is an ADULTS ONLY support group.

****We also run Challenging Behaviours Workshops. Please contact us for more information surrounding this****



Debra.lamont@actionforchildren.org.uk
Hallie.carver@actionforchildren.org.uk

FACEBOOK PAGE: SWANS (SOUTH WORCESTERSHIRE ADDITIONAL NEEDS SUPPORT)

FUTURE DATES

9.30-11.30AM

ALL OUR MEET UPS ARE ON THE SECOND FRIDAY OF THE MONTH:

NEW VENUE: PERDISWELL YOUNG PEOPLES CLUB

- 13TH OCTOBER 2023
- 10TH NOVEMBER 2023
- 8TH DECEMBER 2023
- 12TH JANUARY 2024
- 9TH FEBRUARY 2024
- 8TH MARCH 2024
- 12TH APRIL 2024
- 10TH MAY 2024
- 14TH JUNE 2024
- 12TH JULY 2024.

There is FREE PARKING on site.



Help with the bills?

costoflivingsupport.campaign.gov.uk

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



Help for Households

costoflivingsupport.campaign.gov.uk provides access to contacts who can provide support for households.

Visit '**Discounts and Offers**' for hot meals for children for £1 and discounted children's meals at leading supermarkets.



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

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

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

Help is available over the holidays in Pershire. To get a voucher for the foodbank contact Fiona Lovecy at fl@pershire.worcs.sch.uk or Mrs Kilmister at rk@pershire.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.



Pershire 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 Pershire Baptist Church on Broad Street, Pershire.

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



and health, medical and dental support visit on Tues and Fri 10am-12.30pm, Wed and Thur 10am—3pm

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

No. 4, High Street, Pershire

01386 555018

[Pershire Wellbeing Hub](https://pershirewellbeinghub.org.uk)

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, 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.

Dear Parent/Carer,

Perschore High School is part of Operation Encompass, which is a national scheme that operates jointly between Educational and Early Years Settings, Police and Health.

Operation Encompass is a report that is generated by police and sent to the Education/ Early Years setting, when a child or young person has experienced domestic abuse.

As an Educational setting, we have ensured that a member of our staff, (Fiona Lovecy, Designated Safeguarding Lead), known as a Key Adult, has been trained in the Operation Encompass procedures allowing us to then use the information that has been shared, in confidence, to support the child/ren in our care.

The Domestic Abuse Act 2021 identifies children who experience domestic abuse as victims of domestic abuse in their own right.

We are keen to offer the best support possible to all the children in our care, and we believe this will be extremely beneficial for all those involved. We are able to support anyone experiencing Domestic abuse.

Fiona Lovecy, (DSL)
01386 552471 ext 332
fl@perschore.worcs.sch.uk