



Pershire High Safeguarding Newsletter

Summer 2023

Wishing you a happy and restful summer.

This edition is packed with useful ideas and support to assist families over the summer holidays. Worcestershire has produced a guide for teenagers for a happy, healthy holiday included inside.

Who is on the Pershire High Safeguarding Team?

The Designated Safeguarding Lead: Fiona Lovecy

Email: fl@pershire.worcs.sch.uk or contact 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

Starting Well

A reminder that the Starting Well Partnership is a Worcestershire service which supports families, parents, children and young people to lead happy and healthy lives. The linked website contains a range of information and resources providing support for parents. These include: parental well-being, parenting workshops and courses. There is also financial support, advice on childcare support, help on reducing parental conflict and more. Part of their provision includes SEND support groups and special new group just for Dads of children with special needs

Session Title	Date	Time	Booking Via QR code	Web Address
School Readiness	Tues 11/07/2023	10:00am-12:00pm		www.trybooking.com/uk/events/landing430337?eid=430338
School Readiness Repeat Session	Tues 18/07/2023	6:00pm-8:00pm		www.trybooking.com/uk/events/landing430337?eid=430338
Encouraging Language & Communication in children with Additional Needs	Weds 02/08/2023	9:30am-11:30am		www.trybooking.com/uk/events/landing44221
Dealing with Disobedience	Thurs 03/08/2023	9:30am-11:30am		www.trybooking.com/uk/events/landing44038
Understanding your child's emotions and behaviour	Mon 07/08/2023	1:00pm-3:00pm		www.trybooking.com/uk/events/landing43911
Sensory Processing Difficulties	Tues 08/08/2023	9:30am-11:30am		www.trybooking.com/uk/events/landing43914
Managing Change for Autistic Children	Weds 09/08/2023	9:30am-11:30am		https://www.trybooking.co.uk/CN0N
How to talk to your children about Sex	Thurs 10/08/2020	6:00pm-8:00pm		https://www.trybooking.co.uk/CH0R
Understanding the Teen Brain	Weds 16/08/2023	9:30am-11:30am		www.trybooking.com/uk/events/landing43585
Hassle Free Mealtimes	Fri 18/08/23	9:30am-11:30am		www.trybooking.com/uk/events/landing43918
Keeping Children & Young People safe online	Fri 18/08/2023	09:30-11:30		www.trybooking.co.uk/CHNC
Managing Fighting & Aggression	Tues 22/08/2023	6:00pm-8:00pm		www.trybooking.com/uk/events/landing44000
Understanding the Teen Brain Repeat Session	Weds 23/08/2023	9:30-11:30am		www.trybooking.com/uk/events/landing43588
Understanding your child's emotions and behaviour Repeat Session	Mon 07/08/2023	1:00pm-3:00pm		www.trybooking.com/uk/events/landing43913
Developing good bedtime routines	Weds 30/08/2023	09:30-11:30		www.trybooking.com/uk/events/landing44081

SWANS

SOUTH WORCESTERSHIRE ADDITIONAL NEEDS SUPPORT

FUTURE DATES

WORCESTER COUNTRYSIDE CENTRE - WR5 2LG
9.30-11.30AM

*Friday January 13th
 *Friday February 10th
 *Friday March 10th
 *Friday April 14th
 *Friday May 12th
 *Friday June 9th
 *Friday July 14th

WE ALSO RUN WORKSHOPS AROUND CHALLENGING BEHAVIOURS. PLEASE EMAIL US TO DISCUSS AND PUT YOUR NAME ON OUR WAITING LIST.

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 Worcester Countryside Park 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.

FACEBOOK PAGE:
 SWANS SOUTH WORCESTERSHIRE ADDITIONAL NEEDS SUPPORT

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

Find out more:

[Starting Well Partnership | Worcestershire | Starting Well \(startingwellworcs.nhs.uk\)](http://StartingWellPartnership|Worcestershire|StartingWell(startingwellworcs.nhs.uk))



Teenage Healthy Holidays



SUMMER 2023

Covering top tips for staying healthy throughout the summer including:

- Being active
- Food and nutrition
- Mental health
- Sleep
- Sun & water safety

SUMMER 2023

A parents and carers guide for:

Happy healthy holidays for teenagers

worcestershire.gov.uk

 worcestershire county council

A PARENTS AND CARERS GUIDE

HAPPY HEALTHY HOLIDAYS FOR TEENAGERS

FOOD AND NUTRITION

A healthy balanced diet with all the nutrients and vitamins needed for growing is important.

[Better Health food facts](#)

Try to reduce or avoid energy drinks and caffeine which can interfere with sleep.

[Eating well for 12-18 year olds. A practical guide](#)

SLEEP

As their brains develop, teenagers' sleep patterns can shift to later nights and later mornings.

[Teen Sleep Hub](#)

Teenagers need between 8 to 10 hours of sleep, but many get much less and experience sleep deprivation. Maintaining a regular sleep pattern is important, especially as the new school term approaches.

[Sleep problems. A guide for young people](#)

Screen time and bright lights can impact on the quality of sleep. Avoid phone use at bedtime and install a night-time filter.

Avoid napping during the day, especially after 6pm.



SUMMER 2023 HAPPY HEALTHY HOLIDAYS FOR TEENAGERS

Summer holidays are a time for rest and switching off from the day-to-day routine of school. Staying healthy through the summer is important. Here are a few suggestions to make this summer a good one.

Please visit your local library if you need access to the internet to visit the links in this guide.

BEING ACTIVE

Being physically active releases happy hormones. Activity early in the day means better sleep and a self-confidence boost. It also helps manage stress and can be a positive coping strategy during difficult times.

Holidays are a time to reduce the time spent sitting, lying down and screen time. So, break up long periods of not moving with some activity.

Find activities in your area:

- [Activity finder on Active Herefordshire & Worcestershire](#)
- [Worcestershire Holiday Activities and Food \(HAF\) Programme](#)

Children and young people need to do two types of physical activity:

- Aerobic exercise (anything that makes the heart pump harder and breath faster)
- Exercises to strengthen their muscles and bones

Aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity every day and vary it throughout the week.



SUN SAFETY

Use sunscreen even on cloudy days, make use of natural shade, wear a sun hat and stay hydrated to avoid some of the effects of the sun and heat. Remember that sunburn is skin damage.

[Find out more about sun safety on the NHS website](#)

WATER SAFETY

Being by water is a great place to spend time with friends, but it's important to know how to stay safe.

[Water safety for teenagers and young people from the Canal and River Trust](#)

[Safety tips from the RNLI](#)



SOCIALISING

Staying connected with friends (beyond social media) over the summer is important for mental wellbeing.

[Find groups and activities for young people in the directory on Worcestershire County Council's website](#)

There are lots of youth groups and activities across the county.

Ensure your teenager is safe online and have oversight of their social media accounts.

[Online safety guides by NSPCC](#)

UNDERSTANDING RISK TAKING

During teenage years, people are more prone to risk taking behaviours, even more so when with their friends.

Find out more about how the brain develops during teenage years through free online courses for Worcestershire parents and carers.

Ourplace:
Understanding your child
Password: PARENTSROCK

MENTAL HEALTH

Behaviours To Watch Out For

If you start to notice changes in your teenager's behaviour, seek help or guidance from your school nursing service, even in the holidays.

Behaviour changes you may notice include:

- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves (e.g. not eating, personal hygiene)

Find out more about [young people's emotional and mental health on Worcestershire County Council's website](#)



TALKING ABOUT MENTAL HEALTH

Getting teenagers to talk openly about what's bothering them can be hard. Having calm and non-judgmental conversations can keep the door open to conversations about how they are feeling and some of the bigger issues.

Click here to find out more on the talking to your teenager page of the NHS website

CONCERNED? WHERE TO GET HELP

If your child's life is at risk or they have taken an overdose call 999 or go to A&E immediately.

Being a parent can be difficult at times, but you are not alone. If you are concerned, there is lots of help out there:

- [Worcestershire School Health Nurse Service](#) or call 01905 520032, even in the school holidays
- Young people can use the confidential texting service ChatHealth by texting 07507 331750 (Chat-Health is available 9am to 5pm, Mon-Fri)
- Free confidential 24/7 text support for young people and you. Text "WOO" to 85258
- [Young Minds](#) has support for parents, carers and young people
- Free, safe and anonymous support for your child on [Kooth](#) (online 12pm to 10pm weekdays and 6pm to 10pm weekends)
- [PAPYRUS](#), prevention of young suicide, call 0800 068 4141 or text 07860 039967
- Urgent help from [Herefordshire and Worcestershire Health and Care NHS Trust](#) or call 0808 196 9127
- [Childline website](#) or call 0800 1111 anytime
- Contact your GP
- Contact [Samaritans](#) 24 hours a day, 365 days a year. Call 116 123 for free or email Jo@samaritans.org

Mental Health Pointers

For students who may need some extra wellbeing and mental health support over the summer Anna Freud have created a useful self help care plan for children of secondary age. [Click here to download a copy.](#)

West (Wellbeing and Emotional Support Team) who provide our therapy support for children in school . They are part of Camhs and the NHS. They have advertised these Tea and Talk slots. A great opportunity to ask some questions.

Creating a self-care plan

For young people in secondary schools or college

Anna Freud
building the mental wellbeing of the next generation

Summer Tea and Talk with WEST

Join us and:

- Connect with members from the WEST team.
- Connect with other parents
- Get advice and information on low mood, anxiety, sleep hygiene and worries about transition to a new education setting for children and young people

Tea and Talk with WEST

JOIN FREE

Microsoft Teams meeting
Join on your computer, mobile app or room device

1st, 15th and 29th AUGUST, 2023
10.00-10.30am

[Click here to join the meeting](#)
Meeting ID: 351 365 218 28
Passcode: VJrV72
[Download Teams](#) | [Join on the web](#)

Summer Help



Worcestershire offers a range of supported and free activities for those you are eligible for Free Schools meals. This programme is called HAF (Holiday Activities and Food Programme). A wide range of activities are available, alongside a healthy meal and snacks. Use this link to the [County Website](#) to find out more.

Pershore Riverside Youth Centre – Summer programme AUGUST 2023!

Day time youth group sessions with our fantastic team of youth workers.

PRYC have a 10-day summer programme filled with fun activities such as Circus skills, t-shirt designing, Kidderminster Harriers FC and *plenty more!* In an environment where young people can be active, socialise, and most importantly have fun throughout summer. **There are limited spaces, so booking as early as possible is essential.** Please enquire on the contact details below for more information.



- Ages 8 – 14.
- **Mondays, Tuesdays, and Wednesdays 12pm – 3pm.** Dates shown on booking form!
- Fun activities and workshops each day with our Youth Workers and Partners.
- **Hot Meals will be provided** - With regular breaks.
- Tick option for selected dates on the booking form.



FUNDED PLACES AVAILABLE: ✓

If you qualify for free school meals or any other entitlement for your child – please message us prior to booking.

For a booking form please contact:

Admin@pershoreriversidecentre.org.uk

Or Tel: 01386 554713 for any further enquiries.



Sign Up to H.A.F it here!

SUMMER JUNIOR GYM OFFER

Kids aged 11-15 get FREE access to our Junior Gym for 6 weeks! Available at Pershore and Evesham Leisure Centres

Limited spots available.

Step 1: Sign up to HAF it via the QR code
Step 2: Register via our website and fill in the form.

*TERMS AND CONDITIONS APPLY



PERSHORE CC SUMMER CRICKET CAMP

BOOK NOW!

AUGUST 2023
EVERY TUES & THURS
10AM - 3:30PM

6-16 YEAR OLDS
ALL SKILL LEVELS WELCOME

£20 PER DAY
OR
£170 FOR ALL TEN SESSIONS

CRICKET CAMP WILL RUN IN ACCORDANCE WITH NGB REGULATIONS

FOR MORE INFORMATION AND TO MAKE A BOOKING PLEASE CONTACT
CHRIS RIDINGS
RIDINGS9@HOTMAIL.COM
07988781998





Signposting Support







The Pershore High School website continues to offer a wide range of information links to further support. Here we will spotlight some of the materials and help that is available on the Mental Health and Wellbeing pages of the Website.

[Link to main menu page](#)

Support is available on: bereavement, NHS support, school support, LGBTQ+, anxiety, body image, depression, eating disorders, OCD, self harm, stress, suicidal ideation.

For example the stress link provides an overview of what stress is and how it may show in a child's behaviour. There is then a link to a document providing support links.

SUPPORT SOURCE	DESCRIPTION
 <p>Home - Kooth</p>	<p>Kooth is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. It is commissioned by the NHS, Local Authorities, charities and businesses. Kooth provides support from midday to 10pm during the week, and 6pm to 10pm at weekends</p> <p>Peer to peer support through moderated discussion forums</p> <p>Self-care tools and resources to build resilience</p> <p>There are no waiting lists, referrals or thresholds to access the service.</p>
 <p>If you're having a difficult time Samaritans</p> <p>Telephone: 116 123 Email: jo@samaritans.org Self help app: Samaritans Self-Help</p>	<p>Samaritans will listen without judgement, pressure and help a person work through any issue that is troubling them.</p>
 <p>Get help with stress - NHS (www.nhs.uk) Depression and anxiety self-assessment quiz - NHS (www.nhs.uk)</p>	<p>NHS information page that describes physical and mental symptoms as well as changes in behaviour. The page also suggests a range of things to do, or not to do, when feeling stressed that include stress busters, calming breathing exercises, mental wellbeing audio guides, links to peer support.</p>
 <p>Coping With Life Mental Health Advice YoungMinds YoungMinds Exam Stress How To Deal With Exam Stress YoungMinds Parents A-Z Guide to Support Mental Health Advice YoungMinds Parents Helpline Mental Health Help for Your Child YoungMinds Parents Helpline Telephone: 0808 802 5544 <small>Parents without is accessed through the link above</small></p>	<p>Young Minds offer a range of advice and guidance for young people around times when life gets tough and difficult to cope with. The support focuses on a number of different areas that might be impacting a young person.</p> <p>Young Minds also offer guidance to parents who are supporting their children.</p>

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

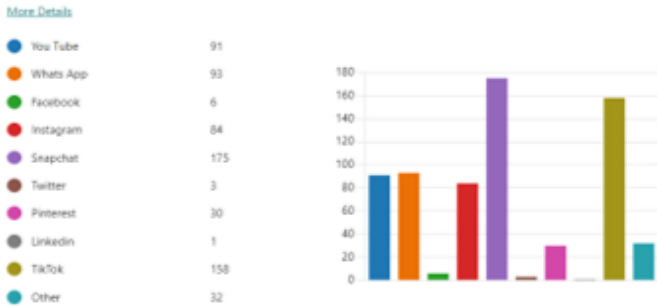
01386 555018

[Persshore Wellbeing Hub](#)

Online Use - PHS Survey Results

Here are the results of a recent survey carried out in school on children in Years 7, 8, 9, 10 and 12. This may help you have a conversation about online settings and talking to strangers online.

12. What social media/sites do you use the most out of these (3 answers allowed) (0 point)



13. Do you share your personal details online with strangers? (0 point)



14. Are your settings set to private or friends and family only? (0 point)



15. Do you restrict your location sharing? (0 point)



16. Do you live stream? (0 point)



17. Do you talk to strangers online (0 point)



18. Do you game online? (0 point)



19. Would you challenge Cyberbullying online (0 point)

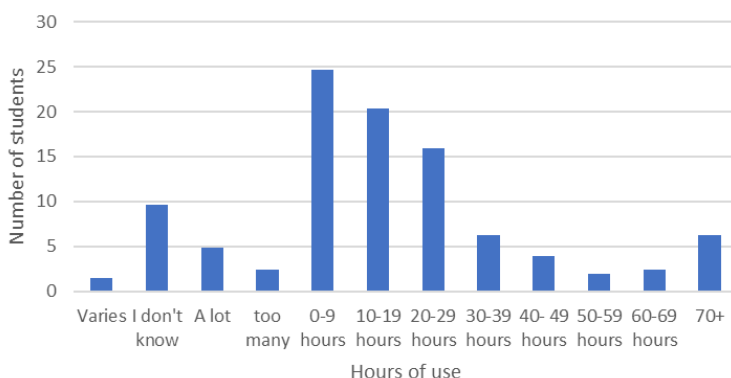


Where to go for help?

[Internet Matters](#)—help for parents on the challenges of the digital world e.g. help with controls and with online issues including support in taking down inappropriate content.

[Childnet](#)—lots of support and advice written for parents on a range of key online safety topics.

How many hours a week do you spend online?



Age Restrictions for Social Media Platforms

