



# Perschore High Safeguarding Newsletter

## February 2025

Welcome to back to the first Safeguarding newsletter of 2025. There are a wide range of new and some reminders of existing websites to visit around Health and Wellbeing plus new offers of local provision and how to access it. The NHS is also sharing some great opportunities for parents with children who have Autism and ADHD - or perhaps explore the possibility if you have thoughts your child has some additional news. Page 4 is filled with advice and some helpful links on Exam Stress as the exam season approaches. Finally Parent Zone has developed a new resource 'Everyday Digital'. This useful website can assist parents and carers who perhaps lack some confidence with their online skills and digital literacy. Let us know how you get on!

### Perschore High Safeguarding Team



The Designated Safeguarding Lead is Fiona Lovecy.

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

Email: [fl@perschore.worcs.sch.uk](mailto:fl@perschore.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 seek further advice for you.



Parents can now access healthcare advice from local pharmacies as a walk in service and in some cases via a video consultation. This avoids the delay of waiting for a GP appointment and could reduce absence from school. In person consultations are available in private rooms.

The service can be used for:

- ⇒ Earache (from 12 months to 17 years old)
- ⇒ Impetigo (from 12 months old)
- ⇒ Infected insect bites (from 12 months old)
- ⇒ Sore throats (from aged 5 years)
- ⇒ Sinusitis (from aged 12 years)
- ⇒ Urinary Tract Infections (UTIs) for women aged from 16 to 64 years
- ⇒ Shingles (from aged 18 years)

The pharmacist can provide advice and if necessary NHS medicine (meeting normal prescription charges) and with taking medication including regular devices like inhalers for asthma.



[Find a pharmacy](#)  
- NHS



### 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:

- We welcomed the Safer Schools PCSO, Katie Radford, in to run assemblies on safety in the community, how to report and share worries, plus reinforce safety around knife crime.
- Students in Years 7, 8 and 9 were able to benefit from an extended assembly on relationships from national charity 'Everyone's Invited'. Key messages covered equality and respect in relationships, considered gender stereotypes and the impact of misogyny and sexist terminology on others.
- A further group of students have been working in workshops from The Right Path to help individual understanding around healthy relationships and respect.
- Year 12 further developed their understanding of sexual harassment and respect—reflecting not only on their current community but also considering future implications at University or in the work place.
- Leigh-Anne Beattie, local Community Development Champion, visited the 6th Form to find out more on their views for the community and how further provision could be developed in Perschore and the area for 16-25 year olds.

# Local Support



## 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 \(persnorebaptist.org.uk\)](http://Community Cupboard (persnorebaptist.org.uk))

## **Waiting Times for SEND....**

Support is now available in Worcestershire while waiting for your appointment! A new website has been created to support children and young people, as well as their families, who find themselves experiencing long waits for appointments with health services in Worcestershire.

These include appointments for Community Pediatrics, Umbrella Pathway, Occupational Therapy, Physiotherapy and CAMHS. The website, created by Herefordshire and Worcestershire Integrated Care System (ICB), contains details of resources and support available locally and nationally. This includes links to web resources, telephone advice and some in-person groups. Worcestershire's Children's Community Health services are continuing to experience a high volume of referrals and unfortunately that means children and young people are waiting longer than usual for their first appointment. This can be worrying and frustrating and the ICB are working as a system to improve waiting times for children, young people and their families. We would encourage anyone working with families who are waiting appointments for these services to make them aware of the website and the support available while they wait: Support for children and young people while waiting for health appointments. [CLICK HERE](#) to access the site.

inourplace

NHS

An update on

**WELLBEING FOR SCHOOL PARENTS**

From inourplace.co.uk

An NHS learning space developed by psychologists



## [Emotional health and wellbeing for parents](#)

From January 2025 Inourplace has been funded in Worcestershire to provide families with free access to expert learning about childhood development, wellbeing, brain changes and much more to help parents and carers connect with their children and make sure they thrive. Currently on offer:

- ⇒ **For parents—Understanding your teenager's brain**
- ⇒ **For teenagers—Understanding your brain.**
- ⇒ **A wellbeing guide for SEND parents**
- ⇒ **Confidence in your vaccination choices**

# Health and Wellbeing



Kooth is free anonymous mental health support available to young people aged 11 - 18 across Worcestershire.

This support includes: community support through moderated forums and articles, self-help resources and goal setting, live chat and message based emotional wellbeing and counselling support, signposting and ongoing support if required. This support is anonymous and does not require a referral.

To access go to: <https://www.kooth.com/>

## The Smokefree Homes



Stop Smoking Service has expanded and is now offering support to adults living with a child under 19 years of age in Worcestershire. It's open to mums, dads, carers, in fact any adult who lives with a child. The service is available to help people quit smoking and will support for 12 weeks with: setting a quit date, access to Free Nicotine Replacement Therapy (NRT), access to Free Rechargeable vapes, 1:1 or joint family support sessions with a trained advisor to help you quit and stay on track Sign up to the service by **emailing: [whcnhs.smokefreehomes@nhs.net](mailto:whcnhs.smokefreehomes@nhs.net)** **Download Smokefree Homes**

## Help in School for students

### Pershore High School provide a graduated approach for mental health in school students:

1. Education for all: the curriculum and pastoral programme supports all students with knowledge and understanding of wellbeing, exam stress and coping with low levels of anxiety
2. Provide individual support, mentoring and interventions around areas such as self esteem, low mood, sleep and signpost to self help provision.
3. Use agencies in school to provide interventions as counselling or mentoring include WEST—lower level of CAMHS in school
4. Refer to specialist and higher level agencies such as CAMHS

Contact House Teams or Mrs Lovecy

<https://www.adhdfoundation.org.uk/>  
Click the logos to visit our social media

**ADHD Support Programme**  
**Understanding and Supporting My Child's ADHD**  
For parents whose child has a diagnosis of ADHD

**Learn About...**

- Neuroscience of ADHD
- ADHD Characteristics and Presentations
- Co-Occurring Conditions
- Sensory Integration
- Executive Functioning
- Lifestyle and environments
- Mealtimes
- Sleep
- Movement
- Emotional regulation
- Strategies to support all of the above

**Register Now**

Secure your place on our 3-part webinar series delivered online via Zoom. Remember to book onto one Session 1, one session 2, and one Session 3.

<https://www.adhdfoundation.org.uk/>  
Click the logos to visit our social media

## Webinars Schedule

Can't attend live? Catch up with a recording available for two weeks following the event. This webinar is open to parents and carers in the Herefordshire and Worcestershire area. Webinars start 10.30am and run between 1.5 and 2 hours.

<b>FEB 26</b>	<b>Autism &amp; Anxiety</b> What anxiety is, Autism & anxiety, The circle of anxiety and Managing anxiety.
<b>MAR 5</b>	<b>Autism &amp; Communication</b> What communication is, Autism & communication differences, and Strategies that may help
<b>MAR 12</b>	<b>Autism &amp; Sensory differences</b> Autism and sensory differences, My child's differences, Addressing sensory differences, and Useful resources.
<b>MAR 19</b>	<b>Autism and Behaviour</b> What behaviour is & why behaviour might be happening, Ways we can analyse behaviour, and Developing emotional understanding
<b>MAR 26</b>	<b>Navigating the system</b> Educational issues, Online safety, Employment and further education, Disclosure and benefits.
<b>APR 2</b>	<b>Autism and the teenage brain</b> Brain changes, How growing up and autism interact, How to support your teen and resources.
<b>APR 9</b>	<b>Supporting your autistic teen</b> How to support your teen and resources.

For more information or to book a place:  
Email - [herefordworce@autismwestmidlands.org.uk](mailto:herefordworce@autismwestmidlands.org.uk)  
Call/Text - **07749 497808**  
Visit EventBrite - **Autism West Midlands**

Teen Autism Confident - ONLINE Herefordshire and Worcestershire

[Teen Autism Confident - ONLINE Herefordshire and Worcestershire Tickets.](#)

# Helping your child - exam stress

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

## Watch for signs of stress

Young people who are stressed may:

- worry a lot and feel tense
- have headaches and stomach pains
- not sleep well
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood or be irritable
- feel hopeless about the future

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective.

Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.

Try to involve your child as much as possible

## Make sure your child eats well

A balanced diet is vital for your child's health, and can help them feel well during exam periods.

Some parents find high-fat, high-sugar and high-caffeine foods and drinks, such as energy drinks, cola, sweets, chocolate, burgers and chips, make their children hyperactive, irritable and moody.

Where possible, involve your child in shopping for food and encourage them to choose some healthy snacks.

## Help your child get enough sleep

Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night.

Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep. Cramming all night before an exam is usually a bad idea. Sleep will benefit your child far more than a few hours of panicky last-minute study.

## Be flexible during exams

Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms. Staying calm yourself can help. Remember, exams do not last forever. Help them study

Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision.

Help them come up with practical ideas that will help them revise, such as drawing up a revision schedule or getting hold of past papers for practice.

To motivate your child, encourage them to think about their goals in life and see how their revision and exams are related to them.

## Talk about exam nerves

Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use. If anxiety is getting in the way rather than helping, encourage your child to practise the activities they'll be doing on the day of the exam. This will help it feel less scary.

For example, this may involve doing practice papers under exam conditions or seeing the exam hall beforehand. School staff should be able to help with this. Help your child face their fears and see these activities through, rather than avoiding them.

Encourage them to think about what they know and the time they've already put into studying to help them feel more confident.

## Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective. Activities that involve other people can be particularly helpful.

## Do not add to the pressure

Support group Childline says many children who contact them feel that most pressure at exam time comes from their family.

Listen to your child, give them support and avoid criticism. Before they go in for a test or exam, be reassuring and positive. Let them know that failing is not the end of the world. If things do not go well they may be able to take the exam again.

After each exam, encourage your child to talk it through with you. Discuss the parts that went well rather than focusing on the questions they found difficult. Then move on and focus on the next test, rather than dwelling on things that cannot be changed.

## Make time for treats and rewards

They do not have to be expensive—a favourite meal or selected film. Plan a treat for the end of exams.



[The Family Lives website has more information about coping with exam stress](#)

[Health for Teens also has information and advice about how to prepare for exams and deal with exam stress](#)

# Online Safety



Introducing [Everyday Digital](#)—a new website, developed by **Parent Zone** to help families develop great media literacy skills. They advise spending a few minutes a day to feel more in control online, providing a skills set to support and monitor your children’s safe online use. Advice includes sections on:

**Data**— understanding how social media platforms like TikTok or Instagram decided ho to suggest new content to keep users engaged and how they link into the cookies on websites you visit.

**Media Literacy**—Support to develop useful skills including how to assess and critically evaluate online content and spaces, participate positively and responsibly, identify and respond to negative content and behaviour. Developing your skills and knowledge can help improve the family’s safety and security in everyday life.

**Environment**—understand where the online word is risky and where it is harmless. Understand how to develop good digital environment habits, including the importance of keeping track of time when online!

**Content**—ability to recognize misinformation and disinformation, forming good habits of understanding and enquiry.

**Consequences** –developing awareness of how online behaviour can have offline consequences and how to develop good consequences.

**Positivity**—looking at the change you can make and the impact you can have on your child’s habits. Welcome the idea of making online experiences positive ones.

Use the website to find out more and develop your awareness to support the young people in your care.

## Everyday Digital

### Online Issues

These are the main online issues which impact on students in school causing upset and fallout....

Spreading of rumours have affect others

Bullying online—verbal abuse and omission from groups

Lack of sleep due to excessive screen time.

Incidents of sharing of nudes and semi-nude images

Sexual harassment via targeted comments

Exposure to violence and sexualized content

Viewing/sharing thoughts and ideas linked to hate crime

Risk of grooming from unknown contacts online