



# Perschore High Safeguarding Newsletter

## Welcome to the Easter newsletter!

Safeguarding Newsletters will be sent out to parents and carers on a regular basis to advise students and adults on all matters safeguarding and wellbeing. The previous newsletter focused on online safety: how to keep children safe online; guides for various social media sites; and tips for navigating the ever-changing world of technology. Please take a look.

Copies of previous Safeguarding Newsletters are available to read via the school website, alongside Safeguarding policies and other links. Today's Newsletter that focuses on keeping your family safe, advice on how to support your children online and on social media and signposted help for families and mental health resources. Further resources and links are available on the Safeguarding page and the Mental Health and Wellbeing page on the website.



## Who is on the Perschore High Safeguarding Team?

The Designated Safeguarding Lead: Fiona Lovecy



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. 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.



## What's been happening in school?

- WEST NHS will still be delivering webinars throughout the year to parents and carers. Webinars will be delivered via Teams discussing 'Helping your child to cope with exam stress', 'Building resilience in your child', 'Supporting your child with transitions', and 'Helping your child sleep better'. Please find more details inside this newsletter.
- Students have received BE **WISER** assemblies this term. These focus on **Wellness, Inclusivity, Safety, Engagement and Readying** them for school. Sessions this term have included Anti-bullying, Mental Health, Feeling Safe and healthy mobile phone use.
- Our Year 11 Positive Pathways students have been getting involved in outdoor extra-curricular activities to support them in their engagement, confidence and motivation during their exam year. We've had such great feedback from these sessions and the students are really enjoying the outings. They also receive very valuable mentoring to give them confidence and practical guidance for their future.
- Year 11 and 13 students have had advice and support over exam stress and a small group received additional support from WEST—CAMHS Wellbeing and Emotional Support Team.
- Safer Internet Day took place on February 10th this year. You can read the report for Safer internet Day at [Safer Internet Day 2026 Research - UK Safer Internet Centre](#).
- This half term we have been focusing on Young Carers. Young carers are children and young people who provide care for family members who have physical or mental illnesses, disabilities or substance misuse issues. 1 in 5 young people are young carers, with 1 in 12 taking on mid- to high-level care. If you think your child might be a young carer please complete this form: [Young Carers – Fill out form](#).
- Thank you to the parents who took the time to complete the WEST survey on Wellbeing and Emotional Health provision and support in school. The findings have been collated and will inform some resulting actions. You will receive more information via the Friday communications from Mr. Nockton after Easter.
- Students have also been inputting on our annual Community Safety survey which supports our work on safety in the school and community. Thank you to those who helped!

**Have a very Happy Easter!**

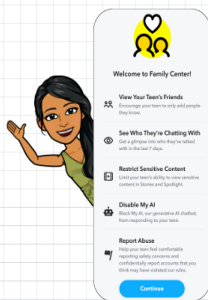


# Online Safety



Although the previous issue of the Safeguarding Newsletter focused on online safety—it is important to remain vigilant about your child’s internet use and the risks that technology poses. Sometimes it’s hard to keep up with what your children are accessing online, so we’ve collected some information to help you navigate the online world.

## Family Centre from Snapchat



### TOOLS AND RESOURCES FOR PARENTS

We take our responsibility to help protect teens on Snapchat extremely seriously. As part of this, we want to arm parents with tools and resources to help their teens use Snapchat safely.

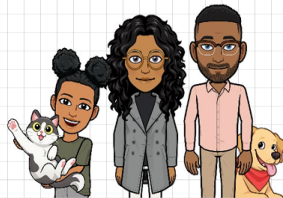
Visit [parents.snapchat.com](https://parents.snapchat.com) to learn more about how to use Snapchat’s parental controls, download a checklist of key safety tips to discuss with your teens, and access expert resources.

### SNAPCHAT PARENTAL CONTROLS

Snapchat’s Family Center is our set of parental controls, designed to help prompt important conversations about safety. Family Center reflects the dynamics of real-world relationships between parents and teens, where parents have insight into who their teens are spending time with, while still respecting teens’ privacy.

On Family Center, parents can:

- ✓ See who their teens friends are, and who they’ve been recently communicating with
- ✓ Manage parental controls for My AI
- ✓ Easily and confidentially report any concerns directly to our safety teams, who work around the clock to keep Snapchatters safe



Want to learn more?  
visit [parents.snapchat.com](https://parents.snapchat.com)



## Free online safety virtual workshop

We have a free online workshop to help you keep your children safe.

The **NSPCC** have a brand-new Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world.

The 40-minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support.

You can access the workshop here:

[NSPCC Online Safety Workshop for Parents and Carers](https://www.nspcc.org.uk/keeping-children-safe-online-workshop-for-parents-and-carers)

You can also visit the NSPCC for more information regarding online safety:





[Keeping children safe online | NSPCC](https://www.nspcc.org.uk/keeping-children-safe-online)

## Advice about key social media platforms and apps

The Safer Internet Centre has created social media guides for all the apps your child may be using at home. The guides contain information on specific safety settings for individual apps as well as links to the apps own safety centres. Find out more here:

[Social media guides - UK Safer Internet Centre](https://www.saferinternetcentre.org/social-media-guides)

### Where can I find advice about online safety?

- **NSPCC**—has resources and guidance for parents and carers about keeping children safe online. You can find them at [Keeping children safe online | NSPCC](https://www.nspcc.org.uk/keeping-children-safe-online) 
- **Barnardos**— contains advice to help you and your child navigate digital platforms and games, helping you to support them as they grow. Head to [Keeping children safe online | Barnardo's](https://www.barnardos.org.uk/keeping-children-safe-online) 
- **Internet Matters**—find information and tips for setting up safety settings for various apps and devices at [Keep Children Safe Online: Information, advice, support - Internet Matters](https://www.internetmatters.org/keep-children-safe-online-information-advice-support-internet-matters) 
- **Safer Internet**—advice and resources to help you to support your child to use the internet safely, responsibly and positively. Visit [Homepage - UK Safer Internet Centre](https://www.saferinternetcentre.org) 

# Mental Health

We all have mental health, just like we all have physical health. It's about how we think, feel and act. It can be hard to navigate issues with mental health, so we've gathered some resources that can give you advice and support if you need it! Please look at the school website ([Wellbeing and Mental Health | Pershore High School](#)) for further advice and links. There is a comprehensive guide to all aspects of mental health.

## WEST NHS Workshops

Throughout the year, WEST hold workshops and sessions for parents and carers about helping to understand their child's mental health and offering advice and support on how to deal with mental health issues in children. Here are the dates for the upcoming parent/carers workshops:

### Helping your child cope with exam stress

26<sup>th</sup> March 2026 @ 12pm-1pm

Meeting ID: 351 821 756 5294

Passcode: dk92dc7j

### Building resilience in your child

2<sup>nd</sup> June 2026 @ 1pm-2pm

Meeting ID: 391 708 672 4328

Passcode: T7wQ9ip7

### Helping your child to sleep better

3<sup>rd</sup> June 2026 @ 2pm

Meeting ID: 347 630 208 4899

Passcode: DT7zc7mQ

### Supporting your child with transitions

3<sup>rd</sup> June 2026 @ 4pm

Meeting ID: 375 469 535 4848

Passcode: 8Mz7Sm39

## Young Minds

A mental health crisis charity for young people and their parents.

Website: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

## Kooth

A confidential service offering peer to peer support and mental health tools and resources.

Website: [Home - Kooth](#)

## SANE

Charity offering emotional support to anyone affected by mental health, including family, friends and carers.

Website: [Home - SANE](#)

## The Mix

A support service for any young person under the age of 25

Website: [The Mix](#)

## Childline:

Support and guidance for young people, online and on the phone.

Website: [Mental health | Childline](#)

## Mind

Provides advice and support for anyone experiencing mental health issues.

Website: [Home](#)

## Rethink

Offers services for people affected by mental health, including carers.

Website: [Advice, information and support from the experts](#)

## NHS & On Your Mind

Offers advice and support about mental health for people of all ages.

Websites: [Mental health - NHS](#) and [On Your Mind Gloucestershire - children & young people's mental health - NHS](#)

  
Herefordshire and Worcestershire  
Health and Care  
NHS Trust

Are you feeling anxious?  
Experiencing low mood?  
Like help with your mental health?



If you're in year 12 or 13, you can now confidentially self-refer for mental health help and support from the WEST team by scanning the QR code:



Wellbeing and Emotional Support Teams (WEST)  
[www.camhs.hacw.nhs.uk/west](http://www.camhs.hacw.nhs.uk/west)

School have a number of options to support students in school and or complete referrals to WEST, Camhs, MELO and school counselling. Please contact House offices or Fiona Lovecy in the Safeguarding Team for more information.

# What's going on?

We have multiple events going on in and around Pershore for the rest of this term—from workshops for parents, to activities for kids.



**NHS**  
Children and Adolescent  
Mental Health Services  
West Midlands and Worcestershire

## WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Helping your child cope with the stress of exams and tests.**

Run by the NHS's Wellbeing and Emotional Support in schools team. (WEST)

**Who is it for:**  
Parents who want to learn more about

**Tips on how to support your child.**

**How to plan for exams and manage the associated stress and anxiety.**

**Join on Teams**  
**Meeting ID:**  
351 821 756 529 4  
**Passcode:** dk92dc7j

On the 26th of March, Online, on Teams:  
From 12pm to 1pm

www.camhs.hacw.nhs.uk/west  
Provided by Herefordshire and Worcestershire Health and Care NHS Trust



**PERSHORE RIVERSIDE CENTRE**

## Join us! FUN • FRIENDS • FOOD

**Monday Juniors Club: Age 9-13 5pm - 7pm (£1)**  
**Tuesday Youth Group: Age 13-18 5.30pm-8pm**  
**Wednesday Youth Group: Age 13-18 5.30pm-8pm**  
**Thursday Baby Club: Age 0 - 4 10.30am - 12pm (£2)**  
**Saturday SEND Social Club: Age 16 - 18 5pm - 8pm**  
**Sunday SEND Club: Age 8 - 18 10.30am - 1.30pm**

Outreach • Mental health support • Counselling • Careers advice & much more

Trained Youth and Community workers on hand to provide weekly activities & support wherever needed.

Scan our QR code to find out more!



www.pershoreriversidecentre.org.uk or call us on 01386 554713  
f @pershoreriversidecentre @pershoreyouthy  
Pershore Riverside Centre CIO (charity no 1156413) King George's Way, Pershore WR10 1QU



## 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 with an extended invite to professionals. Webinars start 10am and run between 1.5 and 2 hours.

JUN 17	<b>Autism &amp; Anxiety</b> What is Anxiety?, Autism & Anxiety, the circle of Anxiety and managing Anxiety	
JUN 24	<b>Autism &amp; Communication</b> What is communication, Autism & communication differences and strategies that may help	
JUL 1	<b>Autism &amp; Sensory differences</b> Autism and sensory differences, children's differences, addressing sensory differences, and useful resources	
JUL 8	<b>Autism and Behaviour</b> What behaviour is & why it may happen, ways we can analyse behaviour and develop emotional understanding	
JUL 15	<b>Navigating the system</b> Educational issues, online safety, employment and further education, disclosure and benefits	
JUL 22	<b>Autism and the Teenage Brain</b> How the brain changes, how growing up and Autism interact, how to support your teen and useful resources	
JUL 29	<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)  
Scan the above QR codes or visit the Autism West Midlands Events page on our website to sign up.

### Free Exploitation and Vulnerability Training

West Mercia Police are offering a free exploitation and vulnerability training workshops to anyone living or working in Worcestershire. Available both online via MS Teams and in-person delivery, the workshops aim to cover the various aspects of vulnerability and the signs and symptoms of exploitation. Parent and carer session (1 hour) The exploitation and online safety session aims to raise awareness and provide valuable insights on how to protect vulnerable children. The session will cover:

- Spotting the signs that your child might be being exploited
- How to keep your child safe online
- How online influencers might be shaping the views of your child
- Practical tips for you to help to keep your child safe online
- Why some children are more at risk of exploitation than others

For more information including session dates and how to book a place, please visit the [Exploitation and vulnerability training | West Mercia Police](#).

If you have any questions or require additional information, please email: [trainerswdbc@westmercia.police.uk](mailto:trainerswdbc@westmercia.police.uk)

# Support for Families

A lot of families can find themselves struggling with bills and payments—particularly with the rise of the cost of living. So, we've put together a list of resources in and around Pershore and Worcester that can help you out.



Pershore Foodbank provide three days' worth of nutritionally balance meals and offer support to local people who may be struggling. They also have help links for the cost of living and fuel bills.

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

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



The Community Cupboard takes place in the Pershore Baptist Church on Broad Street, WR10 1AY.

## Pershore Community Cupboard

is food project in the town centre, offering food parcels to anyone who needs it. It is run by volunteers and their opening times are:

Monday 2.30pm – 3.30pm  
Tuesday 9.30am – 11.00am  
Wednesday 5.00pm – 6.00pm  
Thursday 2.30pm – 4.00pm  
Friday 9.30am – 11.00am  
Saturday 9.30am – 11.00am  
Sunday Closed

## Wychavon District Council

On this page you will find a range of information to help you access support and advice to support you with the rising cost of living.

Website: [Cost of living support - Wychavon District Council](#)

You can also find links to help and information regarding housing here: [Housing - Wychavon District Council](#)

As well as access to financial help from the council via this link: [Benefits - Wychavon District Council - Wychavon District Council](#)

## PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

<b>ANGUS STEAKHOUSE</b> Kids under 8 eat FREE daily, 12pm to 5pm	<b>MORRISONS</b> Kids Eat FREE all day, every day with a £5 spend
<b>ASDA</b> Kids eat for £1 daily, with no adult spend	<b>MARCO PIERRE WHITE</b> Kids under 12 Eat FREE daily with an adult spend
<b>ASK ITALIAN</b> 2 Kids eat free from 27th March - 19th April 2026	<b>PAUSA CAFE @ DUNELM</b> Kids eat FREE with every £4 spend all day
<b>BELLA ITALIA</b> Children eat free Sunday - Thursday	<b>PIZZA HUT</b> Kids Eat Free Every Day after 3pm
<b>BEEFEATER &amp; BREWERS FAYRE</b> 2 Kids Eat Free Breakfast with one paying adult	<b>PREMIER INN</b> 2 Kids eat for free with 1 adult breakfast
<b>BILLS</b> Kids eat free Mon 30th March - Fri 10th April	<b>PRETO</b> Kids up to age 10 eat free with 1 paying adult
<b>BREWDOG</b> Kids eat free 28th March - 12th April 2026	<b>PUREZZA</b> Kids under 10 get free pizza with every adult meal
<b>CAFE ROUGE</b> Kids Eat FREE 12-4pm every day of the week	<b>SA BRAINS PUBS</b> Kids eat for £1 on Wednesdays
<b>COCONUT TREE</b> Kids eat free Mon 30th March - Sun 19th April	<b>SUBWAY</b> Kids Eat Free from the 6th - 13th April
<b>CHIQUITO</b> Kids eat free during all school holidays	<b>SIZZLING PUBS</b> Kids eat for £1, Every Monday to Friday, 3 - 7pm
<b>DOBBIES GARDEN CENTRES</b> Kids eat for £1 with an adult breakfast or lunch	<b>TABLE TABLE</b> 2 Kids Eat free breakfast daily with 1 paying adult
<b>FARMHOUSE INNS</b> Kids eat FREE weekdays 30th March - 17th April	<b>TGI FRIDAYS</b> Kids Eat Free with any adult meal (Via App)
<b>FRANKIE &amp; BENNY'S</b> Kids eat FREE daily from 30th March - 17th April	<b>THE REAL GREEK</b> Kids under 12 eat FREE Sundays with £10 spend
<b>FUTURE INNS</b> Under 5s eat for free with any adult meal	<b>TRAVELODGE</b> 2 Kids eat for free with 1 adult breakfast
<b>GORDON RAMSEY RESTAURANTS</b> Kids under 10 eat FREE all day, every day	<b>TURTLE BAY</b> Kids eat free with every £15 adult spend
<b>IKEA</b> Kids get a meal from 95p daily from 11am	<b>WHITBREAD INNS</b> 2 kids eat for FREE with 1 adult breakfast
<b>LAS IGUANAS</b> Kids under 12 eat FREE with 'My Las Iguanas' App	<b>YO! SUSHI</b> Kids eat free all day (weekdays) in school holidays

Copyright of MONEY SAVING CENTRAL

## Money Helper

Money Helper offer free debt advice to everyone, and advice on general money management. You can visit their website and find out more here:

[Debt Advice Locator | Syndication | MoneyHelper](#)

## Act On Energy

Act On Energy help people across the West Midlands and Worcestershire with their energy needs by offering a full home energy support service with free and impartial advice. .

Visit their website for advice and help: [Act On Energy | Award-Winning Energy Advice Charity](#)

## Household Support Fund

The Household Support Fund help provide financial support towards energy, water costs, heating repairs and service, support with food costs and wider essentials.

You can visit the website here: [Household Support Fund | Worcestershire County Council](#)

# Health and Wellbeing

## Understanding the risks of meningitis

Meningitis is an illness where there is swelling around the brain and/or the spinal cord. Meningitis can make someone ill very quickly so it is important to know the symptoms so you can get help fast. If you suspect someone you know has meningitis it is important to seek medical attention immediately.

### Symptoms of meningitis

Symptoms can appear in any order. Not everyone gets all these symptoms.

- Fever.
- Being sick.
- A bad headache.
- Pain in arms, legs, joints or muscles.
- Cold hands and feet, or shivering.
- Pale or mottled skin or a rash anywhere on the body. Mottled skin means discoloured patches on the skin, often reddish, blue or purple.
- Breathing fast or feeling breathless.
- A stiff neck.
- Not liking bright lights.
- Being very sleepy, vacant or difficult to wake.

### If you are worried that you have been in contact with someone with meningitis:

- Talk to your GP.
- Or call 111.

For any questions about meningitis, contact Meningitis Research Foundation Support Services from Monday to Friday from 9am to 5pm by:

- Email: [helpline@meningitis.org](mailto:helpline@meningitis.org)
- Live chat on the bottom right of the screen on this webpage:
- Phone: 080 8800 3344 if you are in Britain or Northern Ireland.

## Do more with the NHS App!

- 🔑 Order repeat prescriptions
- 📞 Use NHS 111 online
- 📍 Find NHS services
- 📄 View your GP health record
- 📅 Book appointments
- ✉️ Get reminders and messages
- And much more...

Need help?  
Get support in the app or visit  
[nhs.uk/helpmeapp](https://nhs.uk/helpmeapp)



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## The Teen Sleep Hub

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

The Teen Sleep Hub has advice, tips, and information for parents and carers, as well as children, on all matters sleep. Find out more here: [Home - Teen Sleep Hub](#)

### **This is the Teen Sleep Hub**

The one stop shop for all you need to know about sleep.

If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

### **Why better sleep?**

**Getting better sleep can have a positive impact on all aspects of your life.**

From helping the brain retain information (great for memory and revision!) to helping us to look better (think clearer skin and shinier hair) these are just some of the health benefits to sleeping well.

If you live and breathe sport, take stock of your sleep as it can lead to better athletic performance and competitive results.

In all, getting good sleep makes everything better.

# Police in your area

## The Safer Neighbourhood Team

The Safer Neighbourhood Team (SNT) is a group of local police officers and staff dedicated to serving the community. They work closely with the local authorities, community leaders and residents to decide our policing priorities for your area.

### Contact the SNT

To contact your local team, use the quick and simple online contact tool:

[Contact your local policing team | West Mercia Police](#)

If there is an emergency, a crime in progress or someone is in immediate danger call 999.

You can also report crimes online here: [Contact us | Police.uk](#) or call 101.

### On the SNT



**Dave Wise**  
Inspector



**Duncan Eades**  
Sergeant



**Luke Jiggins**  
Police Constable



**Ryan Kozaczynski**  
Police Constable



**Will Underhill**  
Police Constable



**Joanne Rice**  
Police Community Support Officer



**Rebekah Ashley**  
Police Community Support Officer

### Meetings and events

**26<sup>th</sup> March @ 11.30am** –  
Community Catch Up at  
Pershore Wellbeing Hub

**6<sup>th</sup> April @ 1.30pm** –  
Community Catch Up at  
Number 8 Arts Centre

**11<sup>th</sup> April @ 1.30pm** –  
Engagement Van at ASDA  
Pershore

**14<sup>th</sup> April @ 1.00pm** – Drop  
in Clinic at Pershore  
Riverside Centre

### Stations & contact points

#### Worcester Police Station:

Castle Street, Worcester,  
WR1 3QX

#### Tewkesbury Police Station:

Tewkesbury Council  
Offices, Gloucester Road,  
Tewkesbury, GL20 5TT

#### Stratford Police Station:

Rother Street, Stratford  
Upon Avon, CV376RD

## Reporting fraud

Whether you've seen something suspicious or been a victim of fraud, you should always report it. Providing details of what happened will help the police crack down on the criminals and could prevent the same thing happening to others.

### Report Fraud

Report Fraud is the national reporting centre for cyber crime and fraud. Tell the police about cyber crime and fraud at [UK's Home for Reporting Cyber Crime & Fraud - Report Fraud](#) online or by calling 0300 123 2040.

Find out more about what you'll need to report here: [What you'll need to share with Report Fraud - Stop! Think Fraud](#) and what happens after you report here: [What happens after you report fraud? - Stop! Think Fraud](#)

### Tell your bank

If you've lost money or you think a fraudster has access to your bank account, tell your bank or payment service provider as soon as possible, so they can protect your account and help you get your money back.

Always contact them directly using a known email or phone number, such as the ones shown on their website or the back of your card, or [call 159](#).

## Operation Snap



As part of Operation Snap, members of the public can report and submit digital footage showing potential traffic offences via a secure online form.

This can range from driving dangerously or carelessly to overtaking on solid white lines, using a mobile phone while driving, ignoring traffic lights or dangerous driving around other road users, such as horse riders and cyclists.

Please visit the Operation Snap website for more information on how to submit footage:



### Neighbourhood Matters

Welcome to the brand-new community messaging service! Through Neighbourhood Matters you can sign up for local police alerts; receive information about crime in your area, find out about drop-in sessions, answer surveys, and more.

You're invited to sign up and become a registered participant of messages of information via email, text or telephone here: