

SAFEGUARDING

AND WELL-BEING NEWSLETTER



WELCOME

Welcome to our new Safeguarding and well-being newsletter for Great Sankey High School. Working in a warm and welcoming, yet purposeful environment, our mission is for everyone to be happy and inspired by their school experience. Working together, they gain confidence and pride to take their place in our community. Through this newsletter we hope to bring you all the latest, relevant help and advice on issues we feel will be important to you and your family. We aim to empower you as parents/carers, to be more informed and knowledgeable on current issues.

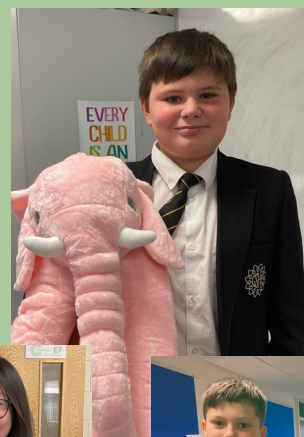


WORLD MENTAL HEALTH DAY

Monday 10th October saw GSHS students celebrating World Mental Health Day, through wearing yellow.

Assemblies were held throughout the week by Mrs McSorley, our emotional health and wellbeing officer.

Our wellbeing ambassadors raised further awareness through form time activities and fundraising for our local Samaritans, raising nearly £400. Well done to our winners of the 'Name the Teddy' competition - Henry in 10T1 and our raffle winners Kiki 9N1, and Lucy & Dylan both in 9N2





PARENTAL ONLINE SAFETY TIPS

Over the past couple of years there have been many technological advances as a result of the pandemic. This has meant that young people have spent a lot more time online doing the schoolwork, gaming and socialising. However, it is important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to make them safer!

SOCIAL MEDIA SAFETY GUIDES

Some useful safety guides, new features etc to keep yourself up to date

[Parents' Ultimate Guide to TikTok](#)

[TikTok app safety - What Parents Need to Know](#)

[Guess Who - TikTok Trend Safety Briefing](#)

[INSTAGRAM - New Parental Supervision Tools](#)

[New Social Media Hub Launched](#)

SHARING IMAGES OR VIDEOS

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at [Nude Selfies: A Parents' Guide](#)

REAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your child safe online.

[Parents: Supporting Young People Online \(Childnet\)](#)

[Leaflets in other languages](#)

STEPS YOU CAN TAKE TO KEEP YOUR CHILD SAFER ONLINE

Have an ongoing conversation. Continue to talk about apps, games, social media and sites they like to use, and what they like and don't like about being online. Discuss with them when to unfollow, block or report.

For help starting this conversation, read [Having A Conversation with Your Child](#)

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset.

Remind them they won't be in trouble and that you are there to help. For a breakdown of report services, visit: [Supporting Your Child With Reporting Unwanted Content Online](#)

Make sure they know about NCA CEOP. Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT

URGENT MENTAL HEALTH SUPPORT - 24/7 CRISIS LINES

Every mental health trust has a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors, 365 days a year.

You can find the 24/7 crisis line numbers using the [NHS Service Finder](#) or the table shows our local services



Need urgent help with your mental health?

Live in **Halton, Knowsley, St Helens or Warrington?**
Call us on our new **Freephone number!** We can help.

 **0800 051 1508**

www.nwbh.nhs.uk/help-in-a-crisis



Shout offers confidential 24/7 crisis support for times when immediate assistance is required.
Text "SHOUT" to 85258 or visit Shout Crisis Text Line



Beat provides support to help young people who may be struggling with an eating problem or an eating disorder.
Call the Youth line (under 18s) 0808 801 0711 or student line 0808 801 0811



Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

URGENT AND OTHER AVAILABLE SUPPORT



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.
Call: 0800 068 41 41 or Text 07860 039967



Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or online chat with a counsellor



Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal magazine
Kooth can be accessed online and via an app



Do you need help from the foodbank?

THE MOST IMPORTANT STEP IS TO GET A FOODBANK VOUCHER

In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Agencies we work with include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.

To get in touch

If you [call](#) or [email](#) our foodbank we can talk through your situation and put you in touch with a relevant local agency.

COMMUNITY SUPPORT



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2022

COURTESY OF MONEY SAVING CENTRAL



ASDA CAFE

Kids eat for £1 all day, every day with no adult spend until the end of 2022

TOBY CARVERY

The Kids Eat For £1 offer will be available from October 24th to 28th with the App

FRANKIE & BENNY'S

Adults Eat Free with every under 11 child throughout all the UK Half terms

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays.

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TESCO CAFES

Kids Eat Free with any purchase of fresh fruit by an adult throughout all the UK Half Terms

MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms

FARMHOUSE INNS

Kids eat for £1 when you sign up to their email list before October 26th 2022

YO! SUSHI

Kid's eat free all day, Monday to Thursday until 29th October 2022

SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

IKEA

From October 11th kids get a meal for 95p or £1.50 from 11am - All day, every day.

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

Copyright of MONEY SAVING CENTRAL



Places Where Children Eat Free (or fo... See more

The bread and butter thing.

Introducing The Bread and Butter Thing

* Save over £20 a week on your shopping

* New hub opening: 1.30pm, Tuesday 11 October

At Sankey Bridges Community Centre

Old Liverpool Road, WES 1EB

* Get your first order free.



The Bread and Butter Thing offers weekly groceries at a fraction of high street prices. We're opening our new hub at Sankey Bridges Community Centre on Tuesday 11 October.

For £7.50 we offer roughly £35 worth of food each week including fresh fruit and veg, chilled food for the fridge and cupboard staples such as pasta and cereal. We get our supplies from the stuff that you hear about in the news going to waste: it comes from supermarkets, factories and farms.

The food changes daily meaning your bags will change from week to week. Most members tell us that they collect food from TBTT and then 'top up' from the supermarket once they have seen what we provide.

As the bags vary from day to day, some weeks the savings will be greater than others. However, you will always be paying much less than in the shops and have new foods to try. Very occasionally, if food supplies that day are low, we will not have enough for the 3 bags. In this case, we will lower the price. We want you to feel we are making a difference to your weekly food bills.

Give us a try for free. There is no commitment. If you want an order just reply to the weekly text you receive on the day you get it.

It's really easy to signup to TBTT...

Step 1 - Text 07860 063304 with your full name, postcode, and the name of the hub you will be collecting from: Sankey Bridges

Step 2 - Select the size of order you want to receive: Family - £7.50 (this is our top seller). We also offer other sizes - Individual - £4, or Large Family - £15.

Step 3 - We'll send you a text every Sunday to see if you want an order. Just reply "YES" by 10:00AM the next day. We'll deliver your order to Sankey Bridges on Tuesday at 1:30pm.

FREE SCHOOL MEALS

All state funded infant school children, from reception to year two, receive a free school lunch. Your child may be eligible for free school meals outside of infant school if you receive certain benefits. Further information is available [here](#)
Visit the [gov.uk website](#) to see if your child could receive free school meals.

GREAT SANKEY HIGH SCHOOL'S SAFEGUARDING TEAM

"THERE IS A STRONG CULTURE OF SAFEGUARDING WHICH RUNS THROUGHOUT THE SCHOOL. LEADERS, STAFF AND GOVERNORS ARE AWARE OF THE ROLE THEY PLAY IN ENSURING THAT PUPILS FEEL SAFE IN THE SCHOOL." OFSTED



SAFEGUARDING at Great Sankey High School

Welcome to our safeguarding team.
Come and chat to us



DESIGNATED SAFEGUARDING LEAD
MRS RACHAEL WARDLE
Deputy Headteacher



SAFEGUARDING GOVERNOR
MR MICHAEL PLATT



DEPUTY DSL
MRS STEPHANIE KENT
GSHS Pastoral Team



DEPUTY DSL
MR IAN MCNULTY
Assistant Headteacher



DEPUTY DSL
MISS JENNIFER EDWARDS
SEND/CO



DEPUTY DSL
MRS HELEN STONES
Head of Barrow Hall College



DEPUTY DSL
MRS JESSICA HOLMES
BHC Learning & Safeguarding Mentor



Worried!
IF YOU DON'T FEEL SAFE, OR YOU HAVE ANY CONCERNS, THEN WE ARE ALL HERE TO HELP

WORKING TOGETHER - OUR LOCAL PCSOs

Great Sankey High School has been working closely with our local PCSOs this past half term, to ensure a safe community for all. In September we were visited by Leo and his handler, to raise awareness of drugs prevention and in October, PCSO Spruce was joined by his colleagues as part of the BikeRegister charity, to mark students bikes as part of theft prevention.



ATTENDANCE MATTERS

PROMOTING GOOD ATTENDANCE ALL YEAR LONG - TOP TIPS

1 - ROUTINES - The easiest way to ensure your child attends school on time every day, is to establish a 'good morning' and 'good evening' routine. If mornings are hectic in your household prepare as much as possible the night before.

2 - PUNCTUALITY - It is important that your child attends school every day and arrives on time. Arriving late to school is unsettling. GSHS school day starts promptly at 8.20am so students should aim to be on site by 8.15am to ensure they arrive in form on time. Punctuality is a good life skill. If you work for Asda you only have to be late for work 9 times before you could lose your job.

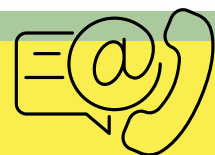
3 - ENSURE INFORMATION IS UP TO DATE - Please check our school website and social media feeds. Class charts is our main way of communicating with home., make sure you download the parent app and enable push notifications. Please make sure we have your correct contact details.

HOLIDAYS IN TERM TIME

There is no entitlement for parents and carers to remove their child from education, for the purposes of a holiday in term time. Great Sankey High School works closely with Warrington Borough Council in order to ensure all pupils are able to achieve and be safe through good attendance at school. If you have any concerns about attendance, please contact either your child's year team or a member of the attendance team. Alternatively, use our school's [attendance webpage](#)

REPORTING ABSENCE

Should your child be ill and unable to attend school parents should use the Class Charts app to report absence. Details of how to do this can be located [HERE](#)



ARE ALL YOUR CONTACT DETAILS UP TO DATE?

If you change your home phone/email or mobile number, please let the school know, so that we have the most up-to-date details. We require a minimum of two contacts in case of an emergency.

ADDITIONAL TRAINING OPPORTUNITIES



UNDERSTANDING NEURODIVERSITY

As part of our ongoing partnership with the ADHD Foundation we are able to offer our parents and carers the opportunity to access a range of webinars.

Both the ASC and ADHD courses can be accessed by parents either with or without a diagnosis. It is important that to note that accessing these courses will not guarantee a diagnosis or a referral it is just information and strategy giving. If you would like to take part in this half term's offer please contact SENDCO in the first instance.

jennifer.edwards@greatsankey.org



In Our Place is an online parenting learning platform developed by Solihull Council. Courses are offered at a low cost (Approx £9 or free) on a range of topics such as:

- Understanding your teenager's brain
- Understanding your child's mental health and wellbeing
- Understanding your child with additional needs.

Courses are available in a range of languages and selected courses are also available to teenagers for free.

Free Courses Online

Free Courses Online is a government funded programme enabling learners to have access to free online courses.

Supportive and convenient

A tutor will be allocated who will support you throughout the free course and provide valuable feedback against your assessments. 24/7 online learning. Study from anywhere, at any time! And the best news is they are all fully funded by the government.



FREE ONLINE SAFETY COURSE FOR PARENTS WITH MYLEENE KLAS

As children reach school age, they typically begin to develop an interest in the online world. Delivered in a video format by online safety advocate Myleene Klass, this course was compiled as a joint effort between two school-based online safeguarding experts: Heather Cardwell and Lorna Ponambalum. To register please click [HERE](#)



Improving children's mental health

The children's mental health charity, Place2Be has launched a new website aimed at helping parents and carers with typical situations they experience with children and young people.

Advice can be found on over forty topics including:

- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My Child says "I hate you"
- Cultural Identity: who am I?

The Parenting Smart website can be found [HERE](#)



HAVE YOU VISITED THE NEWLY OPENED WARRINGTON YOUTH ZONE YET? OPEN 365 DAYS A YEAR IT AIMS TO SUPPORT YOUNG PEOPLE AND THEIR FAMILIES., PROVIDING A SAFE SPACE TO SOCIALISE ALONGSIDE AN EXTENSIVE PROGRAMME OF ACTIVITIES. IF YOU WOULD LIKE TO FIND OUT MORE INFORMATION ABOUT WYZ OR THE PROGRAMMES, ACTIVITIES AND EVENTS THAT THEY PROVIDE, PLEASE CHECK THEIR WEBSITE [HERE](#), CALL THEM ON 977277 OR POP INTO THE YOUTH ZONE AT THE END OF DALLAM LANE NEXT TO THE BUS INTERCHANGE.

EARLY HELP



Great Sankey High School seeks to support young people and their families by offering support, guidance and help in a timely manner.

Part of this process may be referred to as '[Early Help](#)'. By working with families, we seek to identify issues early to ensure the right help, at the right time, in the right way.

Any professional who works with a family can offer Early Help, whether they work in a school, health care organisation or voluntary sector organisations. They can do this at any point that they see a young person or their family needs advice, support and/or intervention.

Early Help is most effective when all parties engage fully and when the whole family network works together.

Family needs are identified and supported through [Early Help Assessments](#).

All pupils and their families can access Early Help through their Year Teams. Please do not hesitate to contact them if you feel you, or a member of your family, may benefit from this support.

If you have any concerns about anything raised in this Safeguarding and Wellbeing Newsletter, please do not hesitate to contact any member of staff. Staff contacts details can be found [HERE](#).