



10<sup>th</sup> November 2023

Good afternoon Stanley Families

Our school community is shaped and driven by three core sets of values and aspirations:

- Fulfilment and challenge
- Inclusion, diversity and equality
- Ambition and opportunity

We teach the importance of our core values and model how students can exemplify them in their own lives through assemblies, form time activities, and in lessons. To recognise and celebrate our individual and collective achievements we reward students who have excelled in these areas in our end of year reward assemblies. Personal Development lessons provide students with a regular safe space to learn about our values and to develop the right knowledge and tools to navigate the world around them. We have recently revised our Personal Development curriculum and I would like to use this bulletin to update you on some of these changes.

Going forward, we will inform you of the Personal Development topics for each half term. We hope that this generates positive conversations in your home to reinforce the work your child is doing in school. Please see the attached PD newsletter for this half terms PD topics, form time activities and assembly themes.

This week our students have made us extremely proud as they prepared for our annual 'path of poppies'. This work reminds us of the importance of working together to achieve peace and to give thanks to all those who have and continue to make sacrifices to keep us safe.

**Mrs J Kelly**  
**Assistant Headteacher**

### Path of Poppies – Miss G Navin



This week, Year 7 students have been marking Remembrance Day by creating a 'Path of Poppies'. They have studied the poem 'In Flanders Fields' and then had the opportunity to write their own poems of Remembrance and contribute to the display in the school foyer.

The English department are, as always, incredibly proud of their hard work - well done Year 7!



10<sup>th</sup> November 2023

## Remembrance Day 11<sup>th</sup> November



As we approach remembrance day this weekend, we always acknowledge this day in different ways around school during the week around this date.

This week we have held assemblies for all years and we have been selling poppies in and around school all week.



A number of students will be attending the remembrance service in Southport on Sunday with Mrs Pugh to lay a wreath on the Cenotaph.

## Student success



Lucy Eccles Year 11 has been selected for the Great Britain Gymnastics Team for the European Championships in Turkey.

The European Championships, a prestigious international aerobic gymnastics competition, and is scheduled to take place from the 15th until the 21st of November 2023. This event serves as a platform for showcasing the skills, dedication, and sportsmanship of gymnasts from all over Europe

This is a fantastic achievement – congratulations Lucy and good luck.

## Well-being Calendar

**New Ways November 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet!"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors – walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**



10<sup>th</sup> November 2023

### Parent/Carer Consultation Evening dates

Please make a note of the following dates for your children's year. School will close at 2pm on these dates to allow parents/carers to attend from 3pm to 6.30pm.

Year 8 Thursday 16<sup>th</sup> November 2023

Year 7 Thursday 30<sup>th</sup> November 2023

Year 9 Thursday 1<sup>st</sup> February 2024

Year 11 Thursday 14<sup>th</sup> March 2024

Year 10 Thursday 2<sup>nd</sup> May 2024

### Upcoming Dates and Events

Please make a note of the following dates, for your information.

#### November

Tuesday 14<sup>th</sup> Year 11 Drama Showcase  
 Wednesday 15<sup>th</sup> STEM Day  
 Thursday 16<sup>th</sup> STEM Day  
 Thursday 16<sup>th</sup> Year 8 Leavers Celebration Evening 6pm  
 Friday 17<sup>th</sup> Flu Immunisations  
 Thursday 23<sup>rd</sup> Year 11 Leavers Celebration Evening 6pm  
 Thursday 30<sup>th</sup> Year 7 Parent/Carer Evening 3pm (2pm finish)

#### December

Wednesday 6<sup>th</sup> SEND Together Trust Coffee Morning 10am-12noon  
 Friday 8<sup>th</sup> INSET Day

### Attendance

We have a target of 95% attendance and work hard every day to beat this. The whole school attendance for week ending 3<sup>rd</sup> November 2023 was 91%.

Did you know that if your attendance is 90%, this is equivalent to 1 full day off school every two weeks and if your attendance is 95% this is equivalent to half a day off school every two weeks?

Congratulations to 8KVE, 8VW and 7LWR for achieving the highest attendance last week.

Since September, the Department for Education has issued guidance for all schools in "Working Together to Improve Attendance". This guidance forms the basis of our updated Attendance Policy - which you can find on our website at the following link.

<https://stanleyhigh.co.uk/wp-content/uploads/2022/11/Attendance-Policy-September-2022.pdf>

### Art – Mrs Ward



Year 8 have been working on a Day of the Dead themed Textile project.

They have to make a sugar skull using felt and different embroidery stitches.

Just look at these skulls in progress year 8 are doing a marvellous job. We are looking forward to seeing the finished products. Well done Year 8.





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## Homework Club

Our school homework club is open to all years and is held in the library every day after school from 3pm - 4pm. Students will have access to laptops should they wish to use them and there will be support from learning support staff during this time. We welcome all students to attend whether it be to complete homework, to revise for assessments, or take the opportunity to access our library for the simple pleasure of reading.

We understand homework can be tricky for some students to navigate so please know that we are here to support where needed.

## Extra-Curricular Clubs

**Maths**

**PUZZLE CLUB**

Open to all  
**FRIDAY LUNCH**  
12.20pm – 1pm  
**Room 2**

## Chess Club

**Chess Club**  
Monday Lunchtimes  
Room 31

*Fancy improving your logic?*

- It can raise your IQ. Chess has always had an image problem, being seen as a game for loners and people with already high IQs.
- It helps prevent Alzheimer's.
- It exercises both sides of the brain.
- It increases your creativity.
- It improves your memory.

## Drama

**RISING STARS**

Are you in Year 7 - 9 and have a flair for the dramatic?  
Do you want to build your confidence and make new friends?  
Do you have an eye for direction and want to devise your own performances?

If you have answered 'yes' to any of these questions, then 'Rising Stars' is the Drama club for you!  
Sign up today! (Places are limited)

**WEDNESDAY FROM 12.30 - 1PM IN RM 14**

## Technology

**GCSE Food and Nutrition Aim Higher Session with Mrs Lyon**

**Tuesday Week B 3pm**

**Mr Sconce's KS3 Cooking Club**

**Tuesday Week A Sept- Oct half term**

**22 places**

**Christmas Cake Club**  
YEAR 9 AND 10

AFTER OCTOBER HALF TERM

22 PLACES AVAILABLE  
9.15-4.30PM  
SEE MR SCONCE



**Tech Tuesday**

**3-4pm**

**TUESDAY WEEK A**

STARTING W/C 4TH OCT

Miss Green R46

Mrs Lyon R44

Coursework Catch-up

**Tech Tuesday**

**3-4pm**

**TUESDAY WEEK B**

STARTING 27TH SEPT

MISS GREEN R46

SIGN UP FROM 14TH SEPTEMBER

22 PLACES



### Online Safety – Mrs Fraser-Orr

Please visit the National Safety Online Facebook page at the link below to see their latest important information. You will also see any historical information that we have shared with you.

<https://www.facebook.com/NationalOnlineSafety>



How much does your child know about staying safe online?

Test their knowledge and start a discussion with our online safety quiz! 🙌

<https://bit.ly/3ZUdW28>



### Literacy ePlatform – Mrs Kelly

Our students have started to enjoy the benefits of our new library platform ePlatform.



Students can log in using their normal school login: [Stanley High School - Stanley High School \(eplatform.co\)](https://www.stanleyhighschool.co.uk/eplatform)  
If you have any questions, please do not hesitate to get in touch.

### Online Information and Apps

If you have changed your email address or any other contact details, please let the office know by emailing. You can also follow us on Facebook <https://www.facebook.com/stanleyhighsouthport/> to keep up to date with events and activities in school.

Please see below some important online safety information relating to X (formally Twitter), 5 Nights at Freddy’s and Microtransactions.



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### **School Term Dates**

Please follow the link to see all available term dates. <https://stanleyhigh.co.uk/term-dates/>

### **The Sefton Directory**

You will find useful information regarding Adults, Families and Special Educational Needs and Disabilities on The Sefton Directory pages. Please use the links below:

<https://www.seftondirectory.com/kb5/sefton/directory/home.page>

<https://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=0>

<https://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=3>

### **Advice, help and support available**

You may wish to get in touch with Sefton's Special Educational Needs and Disability Information, Advice and Support Service, SENDIASS (Tel. 0151 934 3334) or by email [seftonsendiass@sefton.gov.uk](mailto:seftonsendiass@sefton.gov.uk)

SENDIASS is a free, confidential, and impartial service for parents and carers, children, and young people (up to 25 years), who help parents and carers make informed decisions about their children's special educational needs and to support children and young people to have their voices heard and to talk over their options for next steps and future transitions. They can advise and support parents and young people up to and including mediation and tribunal.

<https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=x8sKvkxyZyo>

### **Sefton Emotional Health Partnership**

Please follow the link below to see some important links and contact details for emotional and mental health support providers.

<https://mailchi.mp/a1413fe6bcb9/december-2022-newsletter-sefton-emotional-health-partnership>



10<sup>th</sup> November 2023

## What Parents & Carers Need to Know about X

AGE RESTRICTION  
**13+**

X

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

### WHAT ARE THE RISKS?

**A BLOCK ON BLOCKING**

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

**AGE-INAPPROPRIATE CONTENT**

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material. accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

**BLUE TICK SALE**

### LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being reserved for anyone unwilling or unable to take out a subscription.

**VERIFICATION FOR SALE**

Historically, Twitter's moderators granted account verification: certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.

## Advice for Parents & Carers

### PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

### DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

### STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

### ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow; this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

### BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

### Meet Our Expert

Uyuz Columba is a tutor in charge of gaming and esports like Roblox and has worked in the gaming market for over four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including iFT and Tech Radar.

**National Online Safety**  
#WakeUpWednesday

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10<sup>th</sup> November 2023

# What Parents & Carers Need to Know about **FIVE NIGHTS AT FREDDY'S**

**WHAT ARE THE RISKS?**

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

**FRIGHTENING THEMES**

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

**AGE-INAPPROPRIATE CONTENT**

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

**STRESSFUL SITUATIONS**

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

**PLAYING IN ISOLATION**

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

**IN-GAME SPENDING**

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

## Advice for Parents & Carers

**USE PARENTAL CONTROLS**

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

**TRY IT YOURSELF**

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

**LIMIT SPENDING**

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

**SPOT THE SIGNS**

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

**TALK ABOUT THE RISKS**

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

**Meet Our Expert**

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry, previously the editor of Tech Radar The Insider, Carly is now a freelance technology journalist, editor and consultant.

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10<sup>th</sup> November 2023

# What Parents & Carers Need to Know about MICROTRANSACTIONS

Microtransactions (often abbreviated as "MTX") are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items: from character skins to game-changing equipment like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours – especially among younger players.

### WHAT ARE THE RISKS?

Microtransactions have been criticised for promoting gambling-adjacent behaviour in children. Research has also suggested that exposure to the loot box system could affect the likelihood of a young person suffering gambling harms later in life; children who purchased or used loot boxes in the last 12 months were found to be more likely to have gambled during the same period, as well.

### GATEWAY TO GAMBLING?

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

### ADDICTIVE NATURE

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

### PAYING TO WIN

In many popular games (the FIFA series being a notable example), microtransactions make it far easier to succeed – which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making in-game purchases, they may continue buying to keep up with their friends and other players – sometimes without recognising the mounting real-world cost.

### DATA COLLECTION

To allow a young person to complete microtransactions, many app and game developers collect personal data such as their name, address, email, geolocation information, photos, payment details and so on. Even if this data remains secure (which is by no means guaranteed), there's always the chance that it will be used – and possibly sold on to third parties – for marketing purposes.

### AFFECTING DAILY ROUTINE

Online games tend to revolve around repeated loops of activity that can affect purchasing decisions and potentially influence children's spending patterns. This could lead to your child not only handing over more money but also adjusting their daily routine to match the game's schedule – potentially impacting more important elements of their day, such as homework and family time.

### SATELLITE SPENDING

If you've linked a payment method like a debit card or a PayPal account to your child's game or app, it's wise to keep a close eye on their microtransactions to ensure they aren't racking up a large bill. Letting a child have access to your card (if they're still too young to have their own) or other means of payment could also lead to them spending beyond the apps and games they normally use.

## Advice for Parents & Carers

### DO YOUR RESEARCH

It's important to have a serviceable idea of whether the games your child plays use the loot box system (even if it goes by a different name) or include the option of buying items, equipment and so forth. If so, it's crucial to help your child understand that this costs actual money, and that they shouldn't feel pressured into making any purchases.

### CHAT ABOUT 'CHANCE'

It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and still not get what they want in return. Emphasise that – while not usually costing much individually – these in-app and in-game purchases can soon add up. Talk to your child about how spending their money in a game or app means they have less to use in the real world.

### (GIFT) CARDS ON THE TABLE

Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgeting. If you buy, say, a £10 V-bucks Fortnite gift card, monitor how long it takes them to spend it. When they come to you asking for more, you could make it the starting point for a conversation about how quickly that money went and how they could earn their next gift card.

### STOP SPENDING AT SOURCE

You might decide that the wisest strategy is to remove the potential for spending money on microtransactions. If so, most games, apps and devices have options in their settings to help you manage what your child can spend – or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.

### WATCH FOR THE SIGNS

If you're worried that your child's passion for a particular game or app may tempt them into habitual spending on microtransactions, it's important to remember the indicators of addictive behaviour. Irritability, a lack of concentration and prioritising recreational screen time ahead of homework or mealtimes could all be signs that you need to have a conversation about a more balanced routine.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry, previously the editor of tech tabloid The Inquirer. Carly is now a freelance technology journalist, writer and consultant.

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10<sup>th</sup> November 2023

# Set Up Safe Checklist

**internet  
matters.org**

Set your child up for online safety with these simple tasks

## Manage broadband & mobile networks



At home, access your broadband network and set applicable controls.



On the go, set up controls on the relevant mobile network.

**See step-by-step guides to help**

## Prepare their device



Explore the **device controls and settings** to set limits on inappropriate content, screen time, spending and more.



Download and install the apps and games you're okay with your child using.



Set up controls in these apps and games to help keep your child safe while they play, browse or chat.



Install or set up additional **parental control apps** for further protection.

**Explore step-by-step guides for social media and video gaming**

## Talk & learn regularly

Together, learn about online safety issues that might impact your child.

Together, explore privacy and safety settings on their favourite platforms.

Ask them to teach you about their favourite online platforms to create an open environment for conversation.

Keep these conversations going for continuous support.



Visit [internetmatters.org](https://internetmatters.org) for more advice

[InternetMatters](https://www.facebook.com/InternetMatters)  
 [@im\\_org](https://twitter.com/im_org)

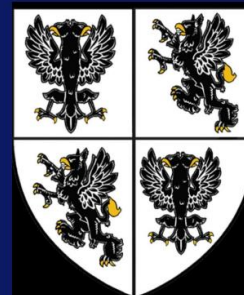
[@InternetMatters](https://www.youtube.com/InternetMatters)  
 [Internet Matters Ltd](https://www.linkedin.com/company/Internet-Matters-Ltd)

[@internetmattersorg](https://www.instagram.com/internetmattersorg)  
 [@InternetMatters\\_org](https://www.pinterest.com/InternetMatters_org)



10<sup>th</sup> November 2023

# Together Trust Coffee Morning



Theme:  
Coping with  
Christmas

**DATE: WEDNESDAY  
6TH DECEMBER 2023  
10AM - 12 NOON**

- Come and enjoy coffee and refreshments
- Chance to meet others
- Opportunities to ask questions to professionals
- Professional in social communication and ASD presenting

**Autism Friendly Christmas Tips**  
Christmas is different to other times of the year – it can be loud, intense, bright, unpredictable & busy.

<p><b>LIGHTS</b> Get lights that have controls to adjust the brightness and the flashing function</p>		<p><b>UNPREDICTABILITY</b> Prepare a person for what's happening around the Christmas period, e.g. social stories, timetables, who will be visiting/what time is dinner</p>
<p><b>TAKE A BREAK</b> Christmas day can be intense...ensure there are opportunities for breaks, quiet space &amp; keep headphones handy</p>		<p><b>EATING</b> A person's idea of Christmas dinner may not be the same as the traditional meal...pizza or pasta is cool to eat too!</p>
<p><b>PRESENTS</b> Not everyone likes presents, not everyone likes opening presents in front of others, not everyone likes the surprise of a wrapped gift</p>		<p><b>HAVING FUN</b> Create games that includes everyone...change the rules if you need to so that everyone can play</p>

**VISITS**  
Unannounced visits are unpredictable... let the person know that someone is calling

**Gheel**

We look forward to seeing you there.  
Open to families, extended families and those who support our students.



10<sup>th</sup> November 2023



# LOCAL OFFER LIVE

**Sefton Local Offer Live is back!**

**Wednesday 22nd November**

**9:30am-5:30pm**

**Family Life Centre, Ash Street, Southport, PR8 6JH**

**Join us for our SEND services marketplace to find out about support here in Sefton.**

- Children's Social Care
- Education Services
- SEND Charities
- NHS Services



Sefton Council 

SEFTON  
SEND  
PARTNERSHIP





10<sup>th</sup> November 2023

## Online help and advice

If you have any worries or concerns regarding a child while school is closed please take a look at how you can report something that doesn't fit right with you [Worried about a child \(sefton.gov.uk\)](https://www.sefton.gov.uk/worried-about-a-child).

**Kooth** is an online mental well-being website. 0203 984 9337 [www.kooth.com](https://www.kooth.com)

**Childline** is a free, private, and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday. 0800 1111 [www.childline.org.uk](https://www.childline.org.uk)

**Samaritans** is where you can access confidential emotional support at any time by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](https://www.samaritans.org)

**Shout** is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258. [www.crisistextline.uk](https://www.crisistextline.uk)

**Police** If you or somebody else is in danger, or it feels like a situation might get dangerous and you need support right away, click here to find out how to contact the police. [www.police.uk](https://www.police.uk)

**NHS Choices** Mental health services are free on the NHS.

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance. [www.nhs.uk](https://www.nhs.uk)

**Report abuse** CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat or being asked to do something that makes you feel uncomfortable); you can report it here. [www.ceop.police.uk/safety-centre](https://www.ceop.police.uk/safety-centre)

**Bullybusters** is an anti-bullying initiative for children and young people. 0800 169 6928 [www.bullybusters.org.uk](https://www.bullybusters.org.uk)

**Parenting 2000** provides therapy, clinical help, and rehabilitation services. 01704 380047 [www.parenting2000.org.uk](https://www.parenting2000.org.uk)

### The Universal Services Guide

Sefton have created a guide detailing information for children aged 0-25 and their families who want to find out about support services available to them. This includes information about health professionals for all ages, leisure services, inclusive activities, and lots more.

[https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=GK\\_tnRp\\_Tc](https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=GK_tnRp_Tc)

If you are worried about a child, please contact the Police in an emergency or to make a referral to Children's Social Care please follow this link <https://tinyurl.com/yywyg3or>

For non-emergencies, call [111](tel:111) or the MASH Team on [0151 934 4013](tel:01519344013).

### SEND Support

Please follow the link below to see what support is on offer to families in the community of children who may have additional needs or struggles. There are sessions on sleep management, sensory workshops, eating etc. so help is available in so many ways.

<https://www.addvancedsolutions.co.uk/news/newsletters>



10<sup>th</sup> November 2023

## Online help and advice

### Childhood Bereavement Network

A website of resources to support children and young people who have suffered bereavement.

[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)  
[www.childhoodbereavementnetwork.org.uk/training.aspx](http://www.childhoodbereavementnetwork.org.uk/training.aspx)

### Young Minds

Young Minds is a general mental health website, with a section on supporting children through grief and loss.

[www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/](http://www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/)

### Winstons Wish

A website offering support for a child or young person around bereavement.

[www.winstonswish.org](http://www.winstonswish.org)

### Hope Again

Resources for Children and Young People who suffered bereavement.

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Losing a child is the most traumatic experience anyone will face. There are specialist support services available for families that can be accessed directly by the family. Here is a list of resources available to help families in this difficult time.

### Sands

A charity that supports families who have suffered a still born or miscarriage of a child.

[www.sands.org.uk/](http://www.sands.org.uk/)

### The Good Grief Trust

A website that offers general advice about bereavement including the loss of a child.

[www.thegoodgrieftrust.org/](http://www.thegoodgrieftrust.org/)

### The Compassionate Friends

A website that offers support for families who have lost a child.

[www.tcf.org.uk/](http://www.tcf.org.uk/)

### NHS Chathealth

If you are a parent of an 11–19-year-old, the NHS have launched a Chat Health text message service on 07312 263291. This service is confidential and anonymous.

### E-safety

<https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://swgfl.org.uk/resources/online-safety-guidance-for-parents/>