



26<sup>th</sup> January 2024

Happy Friday Stanley Families

This past two weeks has brought us snow, wind, rain, a touch of sun and we got the absolute pleasure of a full moon. It is rather incredible how weather really does have an impact on how we feel. The wind definitely does something special to children.

This week we have had a representative in school from Runshaw College taking a German masterclass, working with our Year 11 students. Languages is a key part of our curriculum at Stanley High School, not only do we teach students how to interpret, write and speak languages, we also work hard to immerse them in culture and understanding of other countries, cultures and traditions. We are looking forward to having the Liverpool University team in school again after half term to run an Italian masterclass and the Confucius Institute from Edge Hill College will be delivering a Chinese themed day in school.

I have to celebrate the incredible resilience and work of our Year 11 catering team who have been hard at work each day on the practical element of their Food and Nutrition course. The food that they have produced is beyond expectations and the maturity they have demonstrated throughout will support with some amazing results.

Parents of Year 11, we hit that time of year where your children will be completing a further round of mock examinations. Mock examinations allow students to recognise the impact of the revision and hard work they are doing in preparation for the summer exams. It also allows our practitioners to identify where any gaps in knowledge still exist. During this time you can support your child by helping them stay in good sleeping routines and eating routines. Revision is best done in small chunks supported by fresh air and exercise/movement. If your child has not found any revision techniques that work for them yet, our Year 11 form tutors and class teachers can support.

This week we have had two big recruitment days, as we looked to appoint a Deputy Headteacher. During these days the candidates has a series of tasks including an interview with parents from our school and sitting in front of a panel of our student interviewees. It really was a team effort with many stakeholders involved in making the best decision for our school. I am pleased to let you know we have offered a position to a candidate, and I look forward to introducing them formally very soon.

Are you struggling getting your child into school? Please contact your child's form tutor or our pastoral team to see how we can support. Missed learning hours create gaps in understanding, missed days create gaps in friendships and lessens the feeling of belonging.

And finally, this week, we are looking to introduce a literacy dog into the school. Pickle the Cavapoo joined us in school today for the morning, on his first day of school socialisation. We are sure he will make some great friends and hear some fabulous readers. Next week we will be introducing him to Kobi our mental health dog and issue him with this timetable.

Have a lovely weekend (hopefully a dry one).

**Mrs J Shawe**  
**Headteacher**



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## STEM Faraday Challenge – Miss Wright

On Thursday 18<sup>th</sup> January, 6 keen Year 8 Scientists competed in a Faraday challenge day hosted at North Liverpool Academy.



During the day, the team competed against other schools to complete a STEM challenge. The students worked really well as a team and won the challenge!

We are so proud of their efforts and may be invited to a national final! Well done to the team! Thank you to Miss Wright and Miss Buckley for accompanying the students.



## Year 11 Runshaw College German Masterclass – Miss J Navin

On Friday 19<sup>th</sup> January, some of our Year 11 German students had the opportunity to take part in a revision masterclass with Paul Wyton, the course leader for German from Runshaw College.

As the mock GCSE exams are approaching, the session focused on ways to avoid throwing away marks in the listening and reading exams.

Mr Wyton showed the students how close the boundaries between grades can be and how every mark matters.



Students worked on areas such as distractors, synonyms, numbers and important “little” words that can change the meaning of a sentence. Mr Wyton was extremely impressed with the students’ engagement and focus, and we hope to arrange a session for Year 10 students later in the year.

## Art – Mrs Ward

Scarlett Sinclair in Year 11 has finished her A3 acrylic painting this week, based on portraits.

Scarlett has fully used her blending skills with the acrylics to produce this excellent painting. Well done Scarlett.



## Together Trust Sleep Support

Please see below information regarding a sleep support session being held in Knowsley. Whilst we acknowledge this is some distance away from Southport, they have recommended the sessions due to the fantastic success of previous participants. Please contact the SENDCO department should you want further information. There is no cost to these sessions and if you are interested, please email the email below.

[admintss@togethertrust.org.uk](mailto:admintss@togethertrust.org.uk).



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**TOGETHER  
TRUST**  
charity



Knowsley Council

# Sleep Support for parents and carers

Knowsley parents and carers are invited to join the Together Trust for a free session on sleep followed by time to chat with a Specialist Sleep Practitioner

The session will take place on the following dates and times and is relevant for children aged 2-18 years:

Wednesday 07 February	Community Room Tesco Prescott 12-2pm
Wednesday 28 February	Community Room Tesco Prescott 11-1pm
Wednesday 13 March	Community Room Tesco Prescott 11-1pm
Wednesday 27 March	Community Room Tesco Prescott 11-1pm

## Session content

The session will include a presentation from a qualified Sleep Practitioner with tips and strategies followed by a Q&A session.

This initiative has been supported by Knowsley Council's Youth Community Fund and Short Breaks Small Grants Programme

[togethertrust.org.uk](https://www.togethertrust.org.uk)

Registered charity number 209782

There is no charge but due to restriction on numbers, if you would like to attend, please email:  
[admintss@togethertrust.org.uk](mailto:admintss@togethertrust.org.uk)

Presented by  
**The Together Trust's  
Specialist Sleep Practitioners**



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## School Term Dates

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

## 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 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.

### January

W/c 29 <sup>th</sup>	Y11 Mock exams
W/c 29 <sup>th</sup>	Options Assemblies
31 <sup>st</sup>	UK Intermediate Maths Challenge

### February

1 <sup>st</sup>	Year 9 Parent/Carer Evening (booking opens 18 <sup>th</sup> January)
8 <sup>th</sup>	Year 9 Options Evening
8 <sup>th</sup>	Naples visit departs
9 <sup>th</sup>	End of Term 3pm
12 <sup>th</sup> – 16 <sup>th</sup>	Half Term break
19 <sup>th</sup>	INSET day – students offsite
20 <sup>th</sup>	Start of Term

## Attendance

We have a target of 95% attendance and work hard every day to beat this. The whole school attendance for week ending 19<sup>th</sup> January 2024 was 89.4%.

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 8JSC, 8VW and 8EGB 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>

## 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.



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## 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 general education.
- 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

**War Hammer Club**  
Thursday Lunch  
KS3 Welcome  
R45  
Mrs Lyon

**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

**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>

# NSPCC

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>

Does your child know how to stay safe online?

# Yes No

Want to double check? Take the online safety quiz today!



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### 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://stanleyhighschool.eplatform.co)  
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.

### 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>



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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalonline-safety.com](https://nationalonline-safety.com) for further guides, hints and tips for adults.

## What Children & Young People Need to Know about

# FREE VS HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly; being respectful and inclusive to others. Whether online or offline, communication attacking or discriminating against groups or individuals (because of protected characteristics like race or religion) is hate speech, not free speech.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's ideas were incredibly offensive to many at the time, while not everyone agrees with Darwin's theory today. Freely exchanging ideas promotes progress.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote or decent working conditions – couldn't have been achieved without it.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal.

Hate speech refers to any communication – like talking, texting or posting online – which displays prejudice against someone's identity. Derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes ...

Targeting people or groups because of who they are – including but not limited to aspects such as race, sexuality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on those same attributes; referring to them as if they were animals, objects or other non-human entities, for example.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way.

Making up or repeating insults about a person or group because something about their identity is different to the person who's posting.

Promoting the segregation of certain groups, or discrimination against them, because of who they are.

### Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.



<https://www.equalitycollective.com> | <https://www.nationalonline-safety.com>



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# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nasey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it, if it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place, then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

**DEVICE BOX**

The National College

National Online Safety  
#WakeUpWednesday

@natonlinesafety   
 /NationalOnlineSafety   
 @nationalonlinesafety   
 @national\_online\_safety

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## 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)



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## 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>



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## 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/>