



2nd February 2024

Happy Friday Stanley Families

Please see below information, advice and guidance for you and your children. Thank you for taking the time to read this newsletter.

If you would like to request anything related to this newsletter, please contact the school on the enquiries email. enquiries@stanleyhigh.co.uk.

I hope you all have a lovely weekend.

**Mrs J Shawe
Headteacher**

Christmas Café Fundraising

It was such a wonderful morning welcoming our families and communities into the school for the Christmas Café – if you were unable to attend, please look out for our next event as it is always such a nice atmosphere and helps to raise awareness and funds for such wonderful charities.

The two charities we were supporting were Queenscourt Hospice and ABC (Against Breast Cancer) which are charities we regularly fundraise for.

The total raised for Queenscourt was £239.50 and the total raised for ABC was £120.50. I am sure you will agree that both charities will be very thankful for the money that you, as parents and your children have helped to raise.

February half term revision – Mr Wright

Please see below the revision sessions taking place during the half term holiday. Students have been informed of the sessions they are expected to attend. Please note that there will be no lunch facilities available.

FEBRUARY HALF TERM REVISION 2024

Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
PE Bungalow Mr Venables 9.30am – 3.30pm Year 10 & 11		English R8 Miss Mitchell 9am-12noon Year 11	Creative Media R44 Mrs Lyon 10am-12noon 1-3pm Year 10 & 11	
PE R41 Mr Walsh 9.30am – 3.30pm Year 11 GCSE			Food R44 Mr Sconce 9am-3pm Year 11	

Students must sign in at the front of school to ensure health and safety regulations are adhered to.

PLEASE BE AWARE – the office will be closed on Thursday and Friday



National Apprenticeship Week – Miss Waltho

<p>Monday 5th February @12pm Information for parents & carers session</p>	<p>Tuesday 6th February @11am Apprenticeship fair St Helens Chamber</p>	<p>Wednesday 7th February @ 2pm-4pm Apprenticeship Open Day TLF</p>
<p>Thursday 8th February @11am Careers with Network Rail</p>	<p>Friday 9th February @11am Alder Hay Apprenticeship drop in hour</p>	<p>The LCR Be More Portal is full of resources and Apprenticeship information!</p>

National Apprenticeship Week (5th-11th February) Resource guide

Events

NHS Alder Hey Apprenticeship drop-in sessions on the 5th 7th 9th @11am

[Apprenticeships - Alder Hey Children's Hospital Trust](#)

St Helens Chamber Apprenticeship Fair Tuesday 6th February @11am-1:30pm [St Helens Chamber Jobs & Apprenticeships Fair - St Helens Chamber](#)

The Learning Foundry Apprenticeships drop-in session Wednesday 7th February @2pm [Apprenticeships Drop-In Session Tickets, Wed 7 Feb 2024 at 14:00 | Eventbrite](#)

MCT Apprenticeship Day Wednesday 7th February @10am The Hive Wirral [Apprenticeship Day Tickets, Wed 7 Feb 2024 at 10:00 | Eventbrite](#)

Apprenticeship Event 6th February @3:30pm [The Sovini Group supports the workforce of tomorrow - The Sovini Group](#)

Apprentice information for parents and carers webinar Monday 5th Feb @12pm [Apprenticeship crash course for parents, carers and young people advocates | National Apprenticeship Week](#)

Follow our socials for more
X (Twitter) – @LCRCareersEnt
LinkedIn – Liverpool City Region Careers Hub

Full guide of national events with talks from:

- Standard chartered – 5th Feb @11am
- Roche – 5th Feb @ 3pm
- Jaguar Landover 5th Feb @ 5pm
- Minerals Matter 6th Feb @11am
- EY 6th Feb @12pm
- WPS Degree Apprenticeships 6th Feb @1pm
- BAE systems 6th Feb @3pm
- Network Rail 8th Feb @11am
- **find all and more on the link below!**

[Events | National Apprenticeship Week](#)

National Apprenticeship week school toolkit

[Toolkit - National Apprentice Week 2024, 5th - 11th February 2024](#)

NAW Curriculum Resources

[Apprenticeships subject resources | Amazing Apprenticeships](#)

Army Careers Toolkit

[Careers Toolkit | BASE \(mod.uk\)](#)

All About Stem NAW Resource Pack

[National Apprenticeship Week 2024](#)

NHS NWAS – Apprenticeship Podcast

[Apprenticeships – NWAS – North West Ambulance](#)

5-11 FEBRUARY 2024

#NAW2024

NATIONAL APPRENTICESHIP WEEK



[NAW Posters](#)
[Apprenticeship resources](#)

[BBC Bitesize NAW Resource Pack](#)
[National Apprenticeship Week 2024](#)

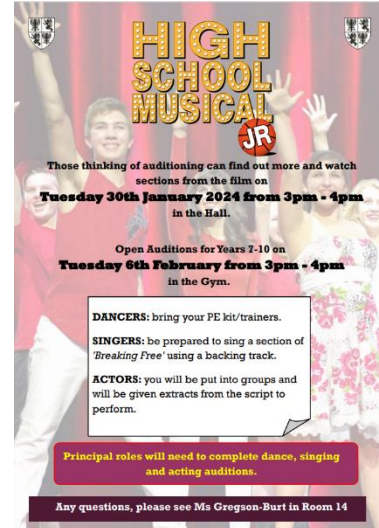


2nd February 2024

Drama – Ms Gregson-Burt

In July we will be putting on a production of High School Musical

Please see Ms Gregson-Burt if you want any further information about the auditioning process.



Art – Mrs Ward & Mrs McAlister

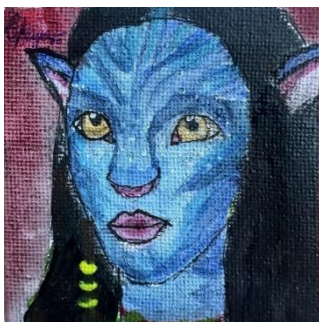
Year 8 have produced some wonderful detailed wings this week with Miss Green.

Using wire and a glue gun. They have been working on a project based on insects and have been inspired by looking at dragonfly wings. Look at the impressive detail.



Well done year 8.

Myenah Ravikumar has produced these beautiful canvases at home in her own time. They are amazing!





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PE – Mrs Hulse and Miss Poole



On Wednesday Mrs Hulse and Miss Poole took a group of Year 7 and 8 students to participate in the School Games multi skill tournament at Formby High School.

This was a brilliant opportunity for students to participate in a range of different sporting activities including volleyball, ultimate frisbee, curling, kin-ball and an obstacle course challenge.

The students worked extremely well together and were a pleasure to take on the trip. Thank you also to the sport leaders who came to help support and lead each activity.



Well done to everyone!



Sefton Parent Carer Forum

SPCF are holding a parent carer conference on Monday 11th March. As part of this conference they are having their inaugural SEND Awards.

Often the conversation around SEND is negative, and they would like to celebrate some of the positive experiences. They are asking parent/carers to nominate those people or settings that have had a positive impact on their life.

Please click the link or below to put forward your nominations. Nominations close on 16th February.

<https://forms.office.com/e/5sNjpBuj8g?origin=lprLink>

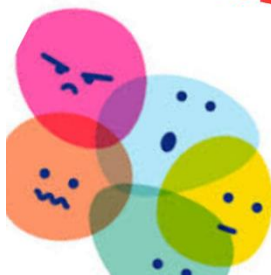
If you wish to nominate more than one person or setting in a single category then please do a separate form. There are 10 categories and you do not have to nominate for each one, although you are welcome to do so.



Children's Mental Health Week 2024



**Children's Mental Health Week
2024**



SPCF Shared Space,
Cambridge Family Wellbeing Hub,
Cambridge Road, Bootle,
L20 9LQ

**Join Us
For Children's Mental Health Week 2024**

**Friday 9th
February**

We will be joined by Kooth

Holly Jackson,
Engagement Lead
Delivering training on
Supporting people to
manage anxiety with
self-care
(booking required
events@seftonpcf.org)

**Monday 5th
February**

We will be joined by CAMHS

Camille Hayward,
Mental Health Practitioner
&
Janine Chan,
Assistant Clinical Lead
Come along and chat to them
about any concerns you may have,
and hear about any updates within
the service.



Monday 5th February - Camhs for a Come and Chat session, SPCF Shared Space, Cambridge Road, Bootle, L20 9LQ, 9:30-11:30am.

Tuesday 6th February - a drop-in coffee morning at St Thomas Primary School, Kenyons Lane, Lydiate, L31 0BP, 9:00-10:30am.

Wednesday 7th February - a drop-in coffee morning at St Michaels High School, St Michaels Road, Crosby, L23 7UL, 9:30-11:30am.
- also a parents evening at English Martyrs Primary School, School Lane, Litherland, L21 7LX, 3:30-5:30pm.

Thursday 8th February - the second parents evening at English Martyr Primary School. Address as above. 3:30-7:30pm.

Friday 9th February - Kooth, at SPCF Shared Space, who will delivering training on Supporting people to manage anxiety with self-care. 12:30-2:30pm. Booking is required, please email events@seftonpcf.org.



2nd February 2024



SUMMER **IN SEFTON**

In Sefton

Old Christ Church
Waterloo Road
Waterloo
L22 1RE

MAY 17

15:00pm - 20:00pm

Any queries please email:
events@seftonpcf.org



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.

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 11 Thursday 14th March 2024

Year 10 Thursday 2nd May 2024



2nd February 2024

Upcoming Dates and Events

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

February

W/c 5 th	Y11 Mock exams
8 th	Year 9 Options Evening
8 th	Naples visit departs
9 th	End of Term 3pm
12 th – 16 th	Half Term break
19 th	INSET day – students offsite
20 th	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 26th January 2024 was 89.3%.

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 7RP, 8KVE and 10SA 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.

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.



2nd February 2024

Drama



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

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://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.



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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

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>



2nd February 2024

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 nationalonlinecollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the Internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritable without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses of the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Helena Jennings has more than 20 years' experience in the field of child protection, she used health education (HEE), as well as delivering workshops and training for young people, parents and staff, she is also a subject matter expert on trust for the Department of Education.

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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
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

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



2nd February 2024

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

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 /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 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)



2nd February 2024

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

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

Samaritans is where you can access confidential emotional support at any time by calling 116 123 or emailing jo@samaritans.org 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

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

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

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

Bullybusters is an anti-bullying initiative for children and young people. 0800 169 6928 www.bullybusters.org.uk

Parenting 2000 provides therapy, clinical help, and rehabilitation services. 01704 380047 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

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>



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
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/

Winstons Wish

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

www.winstonswish.org

Hope Again

Resources for Children and Young People who suffered bereavement.

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/

The Good Grief Trust

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

www.thegoodgrieftrust.org/

The Compassionate Friends

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

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/>