



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

Red Nose Day Charity fundraiser



Next week, the School Council is running a joke competition to raise money for Comic Relief.

This year's theme is to 'Do Something Funny For Money'. So we need your most cringe-worthy jokes. These jokes must be granny suitable and family-friendly! Entries will cost 50p with a maximum of 3 entries per student.

Students need to purchase a card from their form tutor, add their funniest jokes and then post their entries in the post-box in the foyer. They have all next week to enter their competition. Judging will take place next Friday lunch time. Prizes will be available for the top jokes. Good luck!



Year 8 Chinese Workshops

Last Friday, Year 8 students enjoyed a visit from staff from Confucius Institute who taught them about Chinese New Year celebrations. The Confucius Institute provides opportunities for schools to learn more about Chinese culture. Our students had the chance to learn about Chinese knots which act as good-luck charms given during Chinese New Year celebrations and were able to practise tying some knots of their own.

Other Chinese New Year traditions were explained, and students also learned how to say in which year of the Chinese zodiac they were born in Mandarin Chinese. As 2024 is the Year of the Dragon, students were able to take part in dragon dancing. They really enjoyed dancing with the small and large dragons as well as playing some traditional Chinese musical instruments. Thank you to the staff from the Confucius Institute for providing such a fantastic experience which will hopefully become an annual event.





Year 10 Mock Exams

Year 10 mocks continue next weeks. Please see the timetable below.

Week B	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
11th - 15th March					
AM		English Literature 1h 45m		Maths Non-calculator 1h 30m	Physics/Combined Science Physics 1h / 45m
PM		Catch ups Week 1		Food & Nutrition 1h	Catch ups Week 2

SENDCO – Miss Davenport

As a school we work closely with Together Trust who specialise in ASD and social communication with young people. They have shared a useful link to a free online conference on 20th March. Please see the link below if you are interested.

This is a free Virtual Conference: 'Celebrating, Embracing and Empowering Our Children', providing advice and support for parents and carers of neurodiverse children and young people.

https://www.witherslackgroup.co.uk/resources/virtual-neurodiversity-conference-celebrating-embracing-and-empowering-our-children/?fbclid=PAAaYhZPi4PO9O5rgWHCcqZdlB25JybQP6EYSJD1uMvzF_ntzrbFDW-3LiP0_aem_AU55UWKwiMRAQHTUrIZYk5MAO-AMptpafJECZzlMFB6T2nw398laJpziMmlbYbf9jmmb0br-AC5I8wV-zl6Dfq6

Please see on page 10 a flier for the **SPCF Send Awards 2024 and Children's Mental Health Week**.

Art – Mrs Ward

Year 9 have been working hard on their landscape paintings. They are based on sunsets and sunrises; they have been working on watercolour washes to capture the colours. Then using a darker paint to show silhouettes. These examples are really lovely. Well done year 9.





Drama – Ms Gregson-Burt

Perception Theatre Company Visit: 20th March 2024

We have arranged for Perception Theatre Company to come into Stanley High School on Wednesday 20th March 2024 to perform their play 'CUT' following by a post-show discussion for our pupils in Years 8-10.

CUT is an applied theatre production centred around knife crime and youth violence. The production explores how a needless dispute at school causes a teenager to be stabbed and killed. The play takes place amongst the four walls of a police interview room where Jamie recalls the night his best friend was murdered.

The script was written alongside family members and friends of victims of knife crime. The script was then further developed in collaboration with Alan Walsh, Rob Jackson, Merseyside Police and Cheshire Police. For further information please visit: www.perceptiontheatre.co.uk or contact Ms Gregson-Burt at school.

Personal Development – Miss Ellis

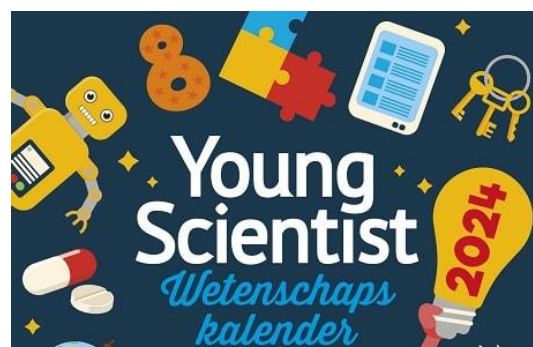
Please see on page 8 and 9 the personal development bulletin for this half term. This has also been emailed home.

Science – Miss Wright

Young Science Writer of the Year 2024 – 18th March deadline

The aim of the competition is to encourage talented 14-16 year old students with a passion for STEM and writing to submit an 800-word essay on the topic of their choice.

This is an outstanding opportunity for students to not only develop their skills and receive public recognition for their writing, but it also provides national and international promotion of their school.



The winner will receive £1000, a one-year Young Royal Institution membership, and a personal coaching session from a senior BBC Science Journalist at BBC Science HQ in Cardiff.

Their essay is also published by the BBC and other media. The runners-up each get £500 with ten students who are highly commended receiving £100 each. Please visit the website for more information and how to submit. <https://www.absw.org.uk/pages/young-science-writer-of-the-year-award>

Please tell Miss Wright if you are going to submit an essay as she'd love to know and would be happy to read it through before you submit it! Internal prizes from the Stanley Science Department for anyone who submits an essay so make sure you tell Miss Wright. Good luck!



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 10 Thursday 2nd May 2024

There will be an additional Year 11 evening held on the 21st March from 3.30-5.30pm. **No early closure.**

Upcoming Dates and Events

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

March

w/c 11 th	Year 10 Mocks
11 th	Year 11 Mock results day
15 th	Year 10 Mocks end
15 th	Red Nose Charity Day
w/c 18 th	Celebration Assemblies
18 th & 19 th	Creative & Media Exams
21 st	Year 11 P&C Evening 3.30-5.30pm
27 th	DoE Practice Walk
28 th	End of Term 12noon
29 th	Good Friday

Attendance

We have a target of 95% attendance and work hard every day to beat this. The whole school attendance for week ending 1st March 2024 was 88.9%.

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 9MR, 7MRL 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>



Extra-Curricular Clubs

<https://stanleyhigh.co.uk/extra-curricular-activities/>

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 brainiacs and people with already high IQs.
- It tests great problem-solving.
- It exercises both sides of the brain.
- It increases your empathy.
- 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

War Hammer Club
Thursday Lunch
KS3 Welcome
R45
Mrs Lyon

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 ^{KS4}
3-4pm
TUESDAY WEEK A
STARTING W/C 4TH OCT
Miss Green R46
Mrs Lyon R44
Coursework Catch-up

Tech Tuesday ^{KS4}
3-4pm
TUESDAY WEEK B
STARTING 27TH SEPT
MISS GREEN R46
SIGN UP FROM 14TH SEPTEMBER
22 PLACES

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.



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.

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.

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>



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

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>



STANLEY HIGH SCHOOL

PERSONAL DEVELOPMENT NEWSLETTER



HALF TERM 4 FEBRUARY- MARCH


Dear Stanley Families,

As you may be aware, PSHE is delivered through the Personal Development programme. The study programme includes topics covering the statutory Relationships and Sex Education (RSE) guidance provided by the Government, Career Education and Citizenship Studies. Please find below the topics for each year group for half term 4, running up until the Easter holidays. This half-term, our learning has been supported by the 'Intent' smoking prevention programme, as Stanley High are incredibly fortunate to be part of the pilot programme. Please use the website links to find out more information.

YEAR 7

DRUG EDUCATION, SMOKING & VAPING


Year 7 will be starting their learning this half term with the laws surrounding drugs. They will then take part in the 'Intent' smoking prevention programme, and will learn about the dangers of smoking cigarettes, vapes, e-cigarettes and shisha to our physical and mental health. They will then learn where to get support to quit smoking from. Finally, students will start to learn about the risks of drinking alcohol.

 talktofrank.com
intent.evidencetoimpact.com

YEAR 9

RELATIONSHIPS

Year 9 will continue with the Relationships topic that was started during half term 3. This topic will end at the Easter holidays. The focus this half term students will focus on grooming, sexual harassment, domestic abuse, honour based violence and child sexual exploitation, all of which are essential to equip students with knowledge to safeguard themselves. The link below details the Government guidance about the statutory content that must be covered as part of Relationships and Sex Education Curriculum.

 [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



YEAR 8

DRUG EDUCATION

Year 8 will be starting their drug education topic with a re-cap about the laws about drugs, both illegal and prescribed. They will then learn about the dangers of nitrous oxide (often described as laughing gas or 'balloons') and the dangers and laws surrounding cannabis. Towards the end of this half term, students will then take part in the 'Intent' smoking prevention programme.

 talktofrank.com




YEAR 10 & 11

Y10 - SMOKING & VAPING Y11 - DRUG EDUCATION

Year 10 and 11 have fortnightly Personal Development lessons.

Year 10 will be taking part in the 'Intent' smoking prevention programme. Lessons will cover the dangers of smoking and vaping, and how stress relates to smoking.

Year 11 will be taking part in a drug education topic. They will be looking at the effects of drugs, alcohol and tobacco on their physical and mental health, as well as prescription drugs and when they may be abused, for example, anabolic steroids. They will also be looking at the dangers of GHB.

 talktofrank.com
intent.evidencetoimpact.com



ASSEMBLIES

Students have one assembly per week: Year 11 on Mondays, Year 10 on Tuesdays, Year 9 on Wednesdays, Year 8 on Thursdays and Year 7 on Fridays. Below are the assembly themes for this half term.

w/c 19th February - Equality and Diversity

w/c 26th February - National Careers Week

w/c 4th March - International Women's Day

w/c 11th March - Ramadan / Respect

w/c 18th March - International Race Relations Day / Protected Characteristics

w/c 25th March - Celebration Assemblies



KEY DATES

4th - 9th March - National Careers Week



7th March - World Book Day

8th March - International Women's Day (Y10 girls trip to Edge Hill)



15th March - Red Nose Day



20th March - Perception Theatre Company visit (Yrs 8, 9 & 10)

We have arranged for Perception Theatre Company to come into Stanley High School to perform their play 'CUT', followed by a post-show discussion for our pupils in Years 8-10. CUT is an applied theatre production centred around knife crime and youth violence. The production explores how a needless dispute at school causes a teenager to be stabbed and killed. The script was developed in collaboration with Merseyside Police and Cheshire Police and is age appropriate. For further information please visit: www.perceptiontheatre.co.uk or contact Ms Gregson-Burt at school.

EXTRA - CURRICULAR

Below is a timetable with all of the extra-curricular opportunities that are available each week. Remember to also check the posters around school on Year Leaders boards and in your form room for further information about each of these opportunities. If there is a club that is not on offer, but you would be interested in getting involved with one, let us know.

	Monday	Tuesday	Wednesday	Thursday	Friday
Break	• Lego Club Rm 22	• Lego Club Rm 22	• Lego Club Rm 22	• Lego Club Rm 22	• Lego Club Rm 22
Lunch	• 3G Year 7 • Lego Club Rm 23 • Chess Club Rm 31 • Library • Ping-Pong club • NFL Film Club Rm 30	• 3G Year 8 • Culture Vulture Club Rm 29 • Lego Club Rm 23 • Library • Ping-Pong club	• Lego Club Rm 22 • 3G Year 9 • Rising Stars Drama Club Rm 2 • Franciscan Rm 29 • Library • Ping-pong club • Art club	• Lego Club Rm 22 • 3G Year 10 • Lego Club Rm 23 • Warhammer club • Library • Art Club	• Lego Club Rm 22 • 3G Year 11 • Lego Club Rm 23 • Puzzle Club Rm 2 • Library • Ping-pong club
After School	• Year 7 Football • Year 7/8 Netball • Y9 Latin R2B • Café Franciscan Rm 29 • Year 11 Maths revision • Homework Club	• Year 8/9 Football • Year 9/10 Netball • Y11 Rehearsals • WK 8 - KS3 Technology Tuesday • Homework Club • WK 8 GCSE Food & Nutrition Aim Higher	• Girls Football (All Years) • Yr 11 GCSE Dance • GCSE Geography revision R2B • Yr 10/11 PE Intervention - Bungalow • Homework Club • KS3 Drama Club Room 14	• Homework Club	• Year 10/11 Football • Badminton (All Years) • Bronze D of E training - Y9 and 10. In LT • Dance (All Years) • Homework Club

ACTIVE CITIZENS

Active Citizens will continue to be completed by all students during one form time per week. The aim is to discuss and learn about Personal Development characteristics and the effect they can have in the wider world. This half term, students will be continuing to cover the Citizenship Curriculum. Students will learn about: democracy, Parliament, elections and voting, human rights, British values, rules, laws and crime and the justice system.





At The National College, our **WakeUpWednesday** guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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/NationalOnlineSafety

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@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024



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**
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

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



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)



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).

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](https://www.111.nhs.uk) or the MASH Team on [0151 934 4013](https://www.01519344013.com).

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/>