

## WELFARE AND SAFEGUARDING BULLETIN - November 2021

### Charity Events

#### Christmas Charity Collection

Following another successful collection last year, we will be again supporting our local foodbank with our Christmas collection. This week in assembly I have been talking to our students about the work the Food Bank does to support our local community. We discussed some of the data from the last 12 months which I know the students found concerning. In the last 12 months 2.5 million food parcels have been distributed to families this is a rise of 33% on the previous year. I also shared that after London the North West is the next region with the highest need for support.

I have asked the students if they and their family are in a position to support we would be very grateful for donations.



Tins of fruit, meat, fish or vegetables  
Soup  
Cereal  
Biscuits  
Tea, Coffee and long-life milk.  
Shampoo  
Tooth paste  
Baby wipes

#### Christmas Jumper Day

We will also be supporting the 'Save the Children' Christmas Jumper day on Friday 10<sup>th</sup> December. Students can wear their best Christmas jumper to school instead of their blazer in return for a donation of £1 to 'Save the Children' There will be a prize for the best Christmas jumper.



## East Cheshire Hospice – Jingle Bell Jog

Students in Key Stage 3 will be involved in the 'Jingle Bell Jog' event this December in support of East Cheshire Hospice. During their PE lessons they will complete a sponsored run. It is a great event and even the PE staff get involved in their Santa outfits! Sponsor forms will be sent home at the start of December.



***Thank you in advance for all your support with our charity events this December.***

### **Key Dates this term**

Friday the 26<sup>th</sup> November is an inset day school will not be open to students

School finishes for the Christmas break on Friday 17<sup>th</sup> December. Students will be dismissed at 12.20pm with the buses leaving site at 12.30pm. The school office will close at 1.30pm.

### **PTA**

Many of us will be shopping online as we prepare for Christmas, one way you can support is through using our Easy Fund Raising account when making purchases, you can find out more here:

<https://www.easyfundraising.org.uk/causes/poyntonhighpta/> . We also run a PTA Lottery with weekly chances to win cash prizes, you can find more about this here: <https://www.yourschoollottery.co.uk/lottery/school/poynton-high-school> .

If you are interested in joining our school PTA please let us know via email to [pta@phs.cheshire.sch.uk](mailto:pta@phs.cheshire.sch.uk) . Currently our meetings are taking place online. Our next meeting dates are:

- Thursday February 10<sup>th</sup> 7pm via Zoom
- Thursday March 24<sup>th</sup> 7pm via Zoom
- Thursday May 19<sup>th</sup> 7pm via Zoom
- Thursday June 30<sup>th</sup> 7pm via Zoom

## Contact Reference Table Reference Table

Issue	Who to contact	How
Any safeguarding concern	Miss Catherine Holyland is the Safeguarding Lead or Mrs Sue Warburton is the Deputy Safeguarding Lead	Via reception 01625 871811 safeguarding@phs.cheshire.sch.uk
Welfare concerns e.g. Friendship issues, cyber bullying	The first point of contact would be the Welfare Lead for your child's year group.	Year 7 Mr A Hunter <a href="mailto:AHunter@phs.cheshire.sch.uk">AHunter@phs.cheshire.sch.uk</a> Year 8&9 Mrs A Riley- <a href="mailto:ARiley@phs.cheshire.sch.uk">ARiley@phs.cheshire.sch.uk</a> Year 10&11Mrs Handby- <a href="mailto:AHandby@phs.cheshire.sch.uk">AHandby@phs.cheshire.sch.uk</a> or via <a href="mailto:studentsupport@phs.cheshire.sch.uk">studentsupport@phs.cheshire.sch.uk</a>
Concerns about your child's progress in a particular subject	Class teacher initially, but please contact the Director of Learning for the subject team if this does not resolve the issue.	E-mail <a href="mailto:info@phs.cheshire.sch.uk">info@phs.cheshire.sch.uk</a> and in the title please write the name of the teacher concerned.
Concerns about your child's general progress	Director of Learning for your child's year group	Year 7 Mr E Latch <a href="mailto:ERL@phs.cheshire.sch.uk">ERL@phs.cheshire.sch.uk</a> Year 8&9 Miss E Keaveney <a href="mailto:EKE@phs.cheshire.sch.uk">EKE@phs.cheshire.sch.uk</a> Year 10&11 Mrs Dempsey <a href="mailto:RDE@phs.cheshire.sch.uk">RDE@phs.cheshire.sch.uk</a>
Information on how to support your child's learning e.g. revision guides	Director of Learning for your child's year group	Year 7 Mr E Latch <a href="mailto:erl@phs.cheshire.sch.uk">erl@phs.cheshire.sch.uk</a> Year 8&9 Miss E Keaveney <a href="mailto:EKE@phs.cheshire.sch.uk">EKE@phs.cheshire.sch.uk</a> Year 10&11 Mrs Dempsey <a href="mailto:RDE@phs.cheshire.sch.uk">RDE@phs.cheshire.sch.uk</a>
Queries about home learning	Class teacher initially, but please contact the Director of Learning for the subject if this does not resolve the issue.	E-mail <a href="mailto:info@phs.cheshire.sch.uk">info@phs.cheshire.sch.uk</a> and in the title please write the name of the teacher concerned.
Questions about uniform	Welfare Lead	<a href="mailto:studentsupport@phs.cheshire.sch.uk">studentsupport@phs.cheshire.sch.uk</a>  01625871811
Questions about school transport	Mrs J Sykes Business and Operations Manager	<a href="mailto:Jsykes@phs.cheshire.sch.uk">Jsykes@phs.cheshire.sch.uk</a> 01625 871811
Reporting absence or other queries relating to attendance.	Attendance Officer Miss Booth	<a href="mailto:absence@phs.cheshire.sch.uk">absence@phs.cheshire.sch.uk</a> 01625 871811 and follow the instructions on the recorded message
Information about medical care and support	First Aid Co-Ordinator Mrs L Byron	<a href="mailto:LByron@phs.cheshire.sch.uk">LByron@phs.cheshire.sch.uk</a> 01625 871811
Concern about a member of staff	Mrs J Sykes Business and Operations Manager	<a href="mailto:jskykes@phs.cheshire.sch.uk">jskykes@phs.cheshire.sch.uk</a> Via reception 01625 871811
Questions relating to the school assessment	Assistant Head teacher Miss W Ryder	<a href="mailto:WRY@phs.cheshire.sch.uk">WRY@phs.cheshire.sch.uk</a> Via reception on 01625 871711

***Ordinarily, you can expect a response dependant on the enquiry within a working week of 48 hours.***

### **Attendance**

Where a student is unable to attend school due to illness or other sudden reason, parents should e-mail [absence@pchs.cheshire.sch.uk](mailto:absence@pchs.cheshire.sch.uk) or telephone the school, between 8.00am and 8.45am on the first day of absence, giving an indication of the anticipated length of absence. If the absence extends beyond this time a second call should be made. The parents of students who are absent and for whom we have not received an explanation will be contacted to confirm the reason for the absence within 24 hours.

If the absence is Covid related please indicate this in the message you leave.

If possible, all medical appointments should be made out of school hours. If it is necessary for the appointment to be in the school day we do expect students to come in to school prior to the appointment or return to school following the appointment.

### **Free School Meal Application**

You can claim free school meals for each child who attends school in Cheshire East if you receive one of these benefits:

Income Support

Income based Jobseeker's Allowance

Income related Employment Support Allowance

Support under Part VI of the Immigration and Asylum Act 1999

The guaranteed element of State Pension Credit

Child Tax Credit - as long as you have a yearly household income of less than £16,190 (as assessed by HM Revenue and Customs) and do not get Working Tax Credit

Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)

Universal

You can apply by telephoning 0300 123 5012 or online at [https://www.cheshireeast.gov.uk/schools/school-meals/free\\_school\\_meals.aspx](https://www.cheshireeast.gov.uk/schools/school-meals/free_school_meals.aspx)

***If your child was to receive free school meals their money is put onto their account automatically and therefore they follow the same process as ever other child.***

### **Arrangements for closure of the school due to extreme weather**

If in exceptional circumstances we have to close the school all information will be on the school website. The radio station we share closure information with is Silk FM. We will only close the school during the school day if the adverse weather conditions may put our students at risk if their travel home was to be delayed. All updates will be on the school website and school twitter page. If we have to close school we will move to online learning for the day via Google Classroom.

### **Uniform Reminder**

Our uniform code for this academic year allows students to either wear a school jumper under their blazer or a **plain** navy-blue crew or V neck jumper/sweatshirt. Blazers remain a compulsory part of the uniform, the jumper is in addition not as a replacement. We have taken this approach so students are warm in school but also considering the cost for parents. If there is a financial reason you are unable to purchase a jumper for your child please contact Mr Bennett [ADB@pchs.cheshire.sch.uk](mailto:ADB@pchs.cheshire.sch.uk)

## **First Aid**

Please be aware the medical support we offer in school is emergency first aid. Our First Aid co-ordinator Mrs L Byron is not in a position to offer medical advice on injuries or illness which happen outside of school.

If your child needs to take medication during school hours, a consent form must be completed and given to Mrs Byron with clear instructions on when it needs to be taken and the dosage.

Please do not send your child to school with pain relief medication such as paracetamol in their bag.

The only medication a student should carry with them is inhalers, EpiPen's or Insulin, outlined in an individual care plan.

If your child becomes unwell in school and needs to be collected, you will be contacted on the numbers provided by a member of staff. Student must not contact home if unwell.

## **Policies**

This term the following policy has been reviewed by the Governing body.

- Safeguarding

All school policies can be found on the school website <https://www.phs.cheshire.sch.uk/aboutus/school-policies> or if you require a paper copy please ask at reception and they will be happy to help.

## **Cycling to School**

There has been an increase in the number of students cycling to school which is fantastic as it supports our environmental strategy. However, we have had a number of calls concerned about the way in which our young people are riding their bikes in the village and also raising concerns that they are not always clearly visible as they are not wearing reflective clothing or have working lights on their bike. We have spoken to the students who come to school on their bike but please could you could also speak to your child about being safe when cycling to school.

## **Parental Support**

As a school we are very privileged to work with such a supportive parental body. Being able to support your child is not always easy and knowing where to look for additional support can be difficult. On the school website is a link to <https://www.educare.co.uk/edusafe-pc> this is a resource for parents which covers a wide variety of topics such as mental wellbeing, healthy lifestyles, understanding anxiety and dealing with bereavement and loss. For each topic there is advice to support you child and also other recourse/agencies that can help.

## **Online safety**

Please find below a link to advice for parents.

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-secondary.pdf>

<https://www.common sensemedia.org/blog/parents-ultimate-guide-to-tiktok>

## **Child safety on Snapchat**

Snapchat is an app for sending photos and videos (known as 'Snaps'), and text messages. The 'Stories' feature lets users share photos or videos with all their contacts at once. Snaps disappear after being opened, usually within seconds. Stories disappear after 24 hours. Images and messages aren't automatically saved on phones. The **minimum age** to use Snapchat is **13**, but it's easy to sign up if you're younger.

### **What's the problem?**

- There is a 'high' risk of seeing sexual content, and of bullying
- Your child's location could be shared automatically with their contacts, which could put them in danger if they have strangers as 'friends' on the app
- There is a risk of children being 'groomed' by strangers into sharing pictures and information about themselves. Gangs also use apps to groom and recruit

### **4 steps to help your child use Snapchat safely**

#### **1. Tell your child to only use it with real friends**

- Anyone could pretend to be a child or teenager online, so encourage your child not to talk to people they don't know in real life.

#### **2. Use privacy settings**

- By default, only 'friends' your child has added on Snapchat can contact them directly and see their story or location, so encourage your child to keep those default settings.
- To check and change the settings:
- Tap the person icon in the top-left of Snapchat, then the cog in the top-right. Scroll down to 'Additional Services' and tap the relevant options ('Contact Me' and 'View My Story')
- Under 'See My Location', choose 'Ghost Map' to turn location sharing off
- Under 'See Me In Quick Add' you can stop your child's profile from being suggested to strangers as a potential 'friend'

#### **3. Talk to your child about sharing of nude and semi-nude images and being careful about what they share**

- Even though images disappear in Snapchat, they can be screenshotted and then shared – outside of the original sender's control.
- So, remind your child to think carefully about the images they share, and with who. Before they share anything, tell them to ask: "would I be happy for other people to see this?"

## **The dangers of Social Media app: OMEGLE**

This is a free online chat site which allows people to speak to each other without registering via chat or video.

The NSPCC states that:

- The safety restrictions are very poor
- The site is often used by paedophiles to groom young people
- They pretend to be young people, you can stay anonymous
- They then ask for the person's Instagram or Snapchat details

Can you please be aware of this website? It is good practice to monitor your child's social media activity.

## Wellbeing

This year as part of our work on mental health we have introduced a 'Well Being Wednesday' In registration time our students have been working on a number of themes these include

- Be kind to ourselves
- What makes us unique?
- Ways to improve our resilience
- Challenging image

Below is some research and information for parents on how to further support your child.

### Resilience: The capacity to recover quickly from difficulties; toughness

Helping children to understand that mistakes and setbacks at some stage are inevitable, and then providing them with strategies and ways to capitalise on them, will help us develop resilient learners.

Researchers found that three key attributes helped young people to develop resilience:

- 1) **A sense of perspective:** Students demonstrated improvement when parents proactively worked with them to manage emotions, concentrating initially on the things that they can control and working together to set both short- and long-term goals. Parents working as a team with their child to self-reflect also enabled them to manage new or uncomfortable situations. Here, it is important that parents and carers help their child to look at the wider scale implications and the difficulties that others may have experienced to support empathy and being able to accept consequences.
- 2) **Staying healthy:** This helped students respond well under pressure and during adversity. Ways to promote these included parents and carers facilitating a home schedule which encouraged time outdoors and participating in team sports, which also promotes more social interaction. Parents being positive role models, using positive self-talk and celebrating success in these areas also significantly improved mental well-being.
- 3) **Social support:** The more someone isolates themselves, the more likely they are to brood over bad decisions. Parents and carers who supported and endorsed their child to maintain a positive relationship with their friends, teachers and family were much more likely to develop children who could feel better about any setbacks and work out a way independently to overcome any obstacles.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://www.youngminds.org.uk/parent/>

<https://www.papyrus-uk.org/>

<https://www.justdropin.co.uk/> *free and friendly services for children and young people from Macclesfield and surrounding areas. They do all that we can to provide support to those who need a bit of help in finding their feet or who are struggling with their emotional health and wellbeing.*

## Poynton High School Educate – Challenge – Empower Charter

- We are pro-active in making the positive changes needed for a world where everyone is treated fairly and equally.
- We are KIND and acknowledge that ‘banter’ can be dangerous and harmful to others, it cannot be used as an excuse.
- We recognise that peer on peer abuse takes a wide range of forms, ranging from sexist name-calling to physical abuse and have a zero-tolerance of this.
- We openly challenge harmful language, stereotypes and actions (that show prejudice based on gender, sexuality, disability, race, ethnicity and background.)
- We offer opportunities to talk about how we feel and actively encourage each other to support positive mental health.
- We support each other to make improvements and recognise that failure is part of the path to success.
- We LISTEN to each other and are mindful that everyone faces their own challenges and insecurities. We strive to understand each other.
- We allow and encourage others to do their best, and look out for each other so that this can happen never putting barriers in their way. We have high aspirations for ourselves and each other.
- We are honest.
- We support each other to stay safe in all of our interactions, including online. We look for opportunities to make others feel safe and boost their confidence.



Bringing us together to make sure that **EVERYONE** is valued and works to promote an inclusive school community.



As you are aware from previous communications this September we launched our ‘Educate-Challenge-Empower’ charter. We have received lots of positive feedback on this approach to a whole school and community project. We had some visitors into school and they were really impressed about how our students talked about and cared about the charter. Students recognised that the issues the charter addressed are not just a school issue but a society issue and therefore how important it was to share the work with our wider school community.

We are continuing to develop our Charter especially looking at students knowing the importance of reporting any concerns and even if someone looks ok on the outside if a comment is made to them this does not mean the person is ok on the inside. Mr Bennett did a review assembly with the students where he talked about ‘being an Ally’ and challenging the norm by the message

**See/hear it  
Report it  
Don't support it**

Please be aware if you or your young person wanted to report an issue they can always e-mail [studentsupport@pchs.cheshire.sch.uk](mailto:studentsupport@pchs.cheshire.sch.uk)




## Anti-Bullying Week

This week is Anti Bullying Week and we have been done a range of activities in school to educate our young people about the different types of bullying and how it is not tolerated at Poynton High School.

On Monday it was 'Odd Socks Day



We have also held a house competition with an anti-bullying theme and there is a focus on Student Development day this week about anti bullying.



**BULLYING IN ALL ITS FORMS IS UNACCEPTABLE AT  
POYNTON HIGH SCHOOL**

At Poynton High School bullying must not be tolerated by any student or member of staff. All students should feel safe to tell someone, whether another student or an adult, if they are being bullied.

<b>Emotional:</b> Can include isolating an individual or spreading rumours about them	<b>Physical:</b> Can include kicking, hitting, pushing and taking away belongings	<b>Verbal:</b> Can include name calling, mocking and making offensive comments	<b>Cyber-bullying:</b> Where technology is used to hurt an individual – for instance text messaging or posting messages /images on the internet or any form of social media
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**Definition**  
Deliberately hurtful behaviour to another person and repeated over a period of time

<b>Homophobic/Biphobic:</b> Motivated by a prejudice against someone because of their sexual orientation	<b>Sexist:</b> Motivated by a prejudice against someone because of their sex/gender	<b>Disability:</b> Motivated by a prejudice against people with any form of disability
<b>Transphobic:</b> Motivated by a prejudice against someone because of their gender	<b>Religion/belief:</b> Motivated by prejudice about someone's beliefs or religious practices	<b>Racist:</b> Motivated by racial, ethnic or cultural prejudice

If you have any concerns about how someone is treating you, or how they are treating someone you know, please speak to someone you trust. This could be:

- Family member    - Friend    - Form Tutor    - Student Welfare Officer
- Year Director of Learning    - Teenage and Family Worker    - School Nurse
- Deputy Head Teacher

- Or any member of staff you feel comfortable talking to.  
- Dedicated anti bullying advice e-mail - [studentsupport@phs.cheshire.sch.uk](mailto:studentsupport@phs.cheshire.sch.uk)

**POYNTON HIGH SCHOOL IS AN ANTI-BULLYING SCHOOL**