

Welfare Update - January 2023



How old do you need to be to have a WhatsApp account? **16**

How long does a message appear for on Snapchat? **30 seconds – 1 minute, 24 hours on a story**

How do you report content on Instagram? **Report link near the content itself**

Can Year 7 students have a TikTok account? **No, you need to be 13**

[Social media guides - UK Safer Internet Centre](#) Click on this link for more information

Would you know what these meant if your child was to use them in a message?

- 1.ASLP
- 2.KPC
- 3.420
- 4.182
- 5.WYRN
- 6.GNOC
- 7.PAW
- 8.Cheugy
- 9.Q
- 10.WUF

Top Tip.

If you want to know what apps your child is probably using most to communicate go onto your app store, type in communication and it will bring up first the most used apps at the moment

Online Safety

As a school we have a responsibility to teach students online safety. We do this via SDD, PSHCE lessons, Computing lessons and assemblies. 7 February is Safer Internet Day this year.

We have a monitoring and filtering system which only allows students/staff access to appropriate material.

We proactively monitor. If a student searches material or types words which are a safeguarding concern Miss Holyland is notified.

Answers:

- | | | | | |
|---------------------------------|---------------------------|----------------------|----------------------------------|---------------------------|
| 1.. Age, Sex, Location, Picture | 2.. Keep Parents Clueless | 3. Cannabis | 4. I hate you | 5. What is your real name |
| 6. Gat naked on camera | 7. Parents are watching | 8.Opposite of trendy | 9. Quarter a measure of cannabis | |
| 10. Where are you from | | | | |

Attendance

Where a student is unable to attend school due to illness or other unplanned reason, parents should e-mail absence@phs.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 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.

Holidays will not be authorised during term time. We are only in a position to authorise leave under very exceptional circumstances and this will only be if the attendance of the student is at least 96%.

- DSL – Designated Safeguarding Lead – Catherine Holyland
- Deputy DSL – Andy Bennett, Rhian Dempsey and Matt Henderson
- Mental Health Lead – Sue Warburton
- First Aid Co-ordinator – Welfare Leaders
- Welfare Education – Rachel Long
- Youth Pride Network – Martin Shaw

Studentsupport@phs.cheshire.sch.uk

Contact if you need support

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 and Support Allowance

Support under Part VI of the Immigration and Asylum Act 1999

The guaranteed element of Pension Credit

Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)

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

Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

You can apply by telephoning 0300 123 5012 or online at https://www.cheshireeast.gov.uk/schools/school-meals/free_school_meals.aspx

If your child receives free school meals the money is put onto their account automatically and therefore they follow the same process as every other child.

First Aid

Please be aware the medical support we offer in school is emergency First Aid. Our First Aid co-ordinators, the Welfare Leaders, are 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 reception 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 are inhalers, EpiPens or insulin if these are outlined in an individual care plan.

If your child becomes unwell in school and needs to be collected you will be contacted by school. Students must not contact home themselves if unwell.

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.

Travelling to and from school.

To keep students safe at the front of school we ask that parents do not park on the yellow zig zags or in any of the three entrances to school and also to be mindful of our neighbours. We would encourage as much as possible that students walk to school or if they live out of Poynton are dropped away from the front of school, where it is very busy, and then walk the short distance 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 some 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 do not have working lights on their bikes. We have spoken to the students who come to school on their bike but please could you also speak to your child about being safe when cycling to school.

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 adverse weather conditions would 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. Students should follow their normal timetable for the day. There will be a hybrid of set work and live lessons.

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.



House Assemblies.

In school we have House assemblies every 2 weeks. This academic year the themes of our assemblies support different elements of the school Charter.

Half Term 2.

Resilience
Inappropriate Language
Respecting those around you

Half Term 3 Jan-Feb

Holocaust Memorial Day
Challenging Discrimination
LGBTQAI+ History Month

Update on the Charter

Student Feedback

All students know what the Charter is.
It is better now there is a C6 consequence for Charter breaches.
It is good it is not just spoken about in assemblies.
Students are reporting issues more.
We recognise it is important to talk about the themes of the Charter and that we acknowledge they can, and do, happen at PHS.

Focus this year following student feedback

Staff need updates on new words which are offensive.
Students still need ways to challenge other students who break the Charter so there are no bystanders.
School needs to keep it as a priority
More re-education is needed for students who get a C6

Student Development topics 2022/23 related to the Charter

Year 7 – Human rights, social media safety, racism
Year 8 – Elections, challenging sexism, stereotypes
Year 9 – Sexual harassment, consent, deaf awareness and BSL
Year 10 – Racism, gender, LGBTQAI+
Year 11 – Anti-Semitism, racism, sex and the law and LGBTQAI+
Year 12 – Body positivity and NCS – (National Citizen Service)
Year 13 – Rights and responsibilities, Citizenship and Values Day

Mental Health and Wellbeing

Last year as part of our work on mental health we introduced a 'Wellbeing Wednesday'. In form time our students have been working on a number of themes, including:

Be kind to ourselves

What makes us unique?

Ways to improve our resilience

Challenging image

We also developed a shared understanding and definition of mental health. It was really important to the students to recognise that mental health is not always seen in a negative light.

Poynton High School promotes positive mental health and has a shared understanding that:

'Mental health is a state of mind built up by emotions, thoughts and personal experiences. It is individual, so even if someone is appearing outwardly fine they may not be on the inside. It isn't always negative as it can be a positive aspect of wellbeing which helps us to be resilient and optimistic.'

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 your child and also other resources/agencies that can help.

<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 they 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.**

parentingnorth@cheshireeast.gov.uk **offer a range of parenting courses and support**

Students can also access a range of support and advice by following their Year group Google Classroom page.

We are pleased to be working with the Anna Freud Centre and with the NHS Mental Health Support Team locally to support students.

Top tips for students to promote positive mental health. *Taking time to recognise thoughts you are having when you feel your mental health is being negatively affected and finding solutions that best work for you so that you know how to best support yourself next time you have similar thoughts*

Fresh Air

- Exercise whenever you can. Walk, walk, and then walk!
- Less screen time and more walks
- Go outside at least once a day. Sunshine and being in nature is so valuable
- Walk the dog everyday (if you have one!)
- Get outside at the weekend don't stay in the house every day.

Sleep

- Make sure you have a regular sleep routine – no late night messaging!
- Don't look at your phone late at night
- Go to bed at a reasonable time
- Don't press snooze in the morning
- Set your phone to do not disturb in the evening

Food

- Eat healthily, but throw in chocolate sometimes!
- Treat yourself to a takeaway on odd occasions
- Drink plenty of water to stay hydrated
- Eat healthily in the week
- Eat fruit every day
- Take it in turns to cook with your family
- Eat a good breakfast to fuel you through the day

Friends and Family

- Have planned social contact with friends
- Spend time with your family and do things together
- Make a collage of your friends and family and have it by your desk
- Catch up and check in on your friends
- Do something nice for someone every day
- Don't be afraid to talk to someone you trust if you are feeling down

Hobbies

- Do some exercise to feel good
- Find something that relieves stress
- Do some art
- Listen to podcasts
- Pick up a book instead of your phone
- Do some baking
- Keep reading!
- Set aside some time everyday for your hobbies
- Join a club outside of school [Poynton High School & Performing Arts College - Extra Curricular Activities and School Trips \(pfs.cheshire.sch.uk\)](https://www.poyntonhighschool.co.uk/extra-curricular-activities/)

Mindfulness

- Stop and breathe – deeply and slowly
- Bonus tip: Notice the good and be grateful for it!
- Take a break from something that is stressing you out
- Switch off from the news/internet
- Appreciate the world around you
- Decorate your room with inspiring pictures
- Keep your workspace tidy!





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.

Emotional:
Can include isolating an individual or spreading rumours about them

Physical: Can include kicking, hitting, pushing and taking away belongings

Verbal: Can include name calling, mocking and making offensive comments

Cyber-bullying: 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

Definition

Deliberately hurtful behaviour to another person and repeated over a period of time

Homophobic/Biphobic:
Motivated by a prejudice against someone because of their sexual orientation

Sexist: Motivated by a prejudice against someone because of their sex/gender

Disability: Motivated by a prejudice against people with any form of disability

Transphobic: Motivated by a prejudice against someone because of their gender

Religion/belief: Motivated by prejudice about someone's beliefs or religious practices



Racist: 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

POYNTON HIGH SCHOOL IS AN ANTI-BULLYING SCHOOL

Tips for parents and carers

If your child is being bullied or you think they might be, here are some tips on how to talk to them and prevent further bullying.

- ♦ If your child is being bullied, **don't panic**. Explain to your child that the bullying is not their fault and together you will sort this out.
- ♦ **Bullying is never acceptable**; and should always be taken seriously. It is never your child's fault if they've been bullied.
- ♦ Try and **establish the facts**. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text.
- ♦ **Find out what your child wants to happen**. Help to identify steps you can take; and the skills they have to help sort out the situation. Make sure you always keep them informed about any actions you decide to take.
- ♦ **You may be tempted to tell your child to retaliate but this can have unpredictable results**. Your child might get into trouble or get even more hurt. Rather – role play non-violent ways they can respond to children that are bullying them (e.g. "I don't like it when you say that to me / do that to me. Stop."); show them how to block or unfriend people if the bullying is online and help them identify other friends or adults that can support them.
- ♦ **Encourage your child to get involved in activities that build their confidence and esteem**, and help them to form friendships outside of school (or wherever the bullying is taking place).



<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers/sources-information-advice-and>