

# Weatherhead High School



## Advice and guidance for parents and carers on External Agencies

Working together to safeguard our young people today

a high  
performing  
academy  
providing  
excellence  
for all

Without good mental health, our ability to learn and take in new information can be significantly affected. With strong mental health, we are better able to deal with what life presents us with, especially for young people at school, and to thrive in our choices.

*Young Minds*

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A photograph of three young women in school uniforms walking on a grassy field. They are wearing dark blue blazers, white shirts, and dark skirts. The woman on the left is smiling and looking towards the other two. The woman in the middle is also smiling and looking towards the woman on the right. The woman on the right is looking towards the woman in the middle. In the background, there is a large white building with the text "Weatherhead High School" and "A HIGH PERFORMING ACADEMY" on it. There is a brick wall on the left side of the building and a wooden fence in the foreground.

**Weatherhead High School**  
A HIGH PERFORMING ACADEMY

# Advice and guidance for parents and carers on External Agencies

## Working together to safeguard our young people today

Weatherhead is committed to helping our young people have the best start to life and a positive experience through secondary education where the pressures and challenges can be significant.

It is our primary aim to safeguard young people and promote and protect students' social and emotional well-being. We believe that a happy child is more likely to flourish and succeed.

Nurturing good mental health, along with good physical health, is viewed as vital at Weatherhead.

This information leaflet aims to illustrate the range of external agencies we work with to safeguard our young people. It can also indicate the services and organisations available to help you as parents/guardians, should you ever have concerns in relation to your child or family.



# Safeguarding

All schools are required by law to 'safeguard' young people.

*(The Children's Act 2004)*

We work with a number of external agencies to:






- Protect children from maltreatment
- Prevent impairment of a child's health or development
- Ensure that children grow up in circumstances consistent with the provision of safe and effective care
- Take action to enable all children to have the best outcomes

We also work with a number of professionals from Social Workers to Family Support Workers to support students and families in need.

# Agencies include:

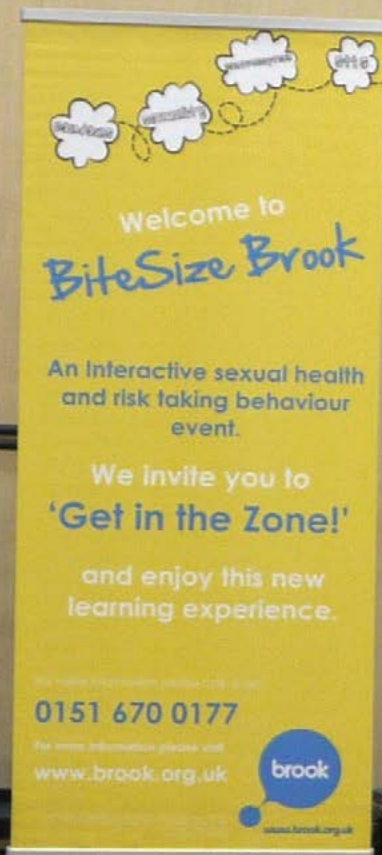
 <p><a href="http://www.brook.org.uk">www.brook.org.uk</a></p>	<p><b>Brook</b> supports students with sexual health and advice.</p>	 <p>Where Young Minds Matter</p>	<p><b>Child and Adolescent Mental Health Services</b> support young people's health care needs.</p>
<p><b>Believe in children</b>  <b>Barnardo's</b></p>	<p><b>Barnardo's</b> offers help and support to students and families who are young carers. <a href="http://barnardos.org.uk">barnardos.org.uk</a></p>	 <p><b>KARMA NIRVANA</b> Supporting victims of honour based abuse and forced marriage</p>	<p>We work with Karma Nirvana if a student is at risk of forced marriage or honour based violence. <a href="http://karmanirvana.org.uk">karmanirvana.org.uk</a></p>
<p><b>catch 22</b>  <b>helping young people out</b></p>	<p>This organisation works with troubled or vulnerable students who require additional support. They also support students who are reported missing. <a href="http://catch-22.org.uk">catch-22.org.uk</a></p>	 <p><b>MERSEYSIDE POLICE</b></p>	<p>We work closely with the Police regarding any child who is at risk of child sexual exploitation. Also, if there are any concerns regarding criminal activity.</p>

# Agencies include:

 <p>Supporting children through key adults</p>	<p>This is a new initiative that Weatherhead is part of, to safeguard students and families who are at risk of domestic violence within the family home.</p> <p><b><a href="http://operationencompass.org">operationencompass.org</a></b></p>		<p><b>Adolescent Support Team (AST)</b> supports students with significant issues.</p>
	<p><b>Response</b> supports students from the ages of 13-19 who are at risk of drugs and alcohol misuse. They also offer a counselling service to support students with a range of issues.</p> <p><b><a href="http://teenwirral.com/advice-and-support/response">teenwirral.com/advice-and-support/response</a></b></p>	 <p>Children and Young People's Department</p>	<p>If a child's attendance or punctuality is a cause for concern, we have a <b>legal duty</b> to contact the <b>Educational Social Worker (ESW)</b> and families are at risk of a fine and/ or prosecution.</p>
			<p>If a child appears to be in danger, or at risk of abuse, we have a <b>legal duty</b> to inform <b>Children's Social Care</b> who may investigate.</p>

Failure to provide high-quality, age appropriate sex and relationships education may leave young people vulnerable to inappropriate sexual behaviours and exploitation.

*Ofsted National Guidance, 2013*




Welcome to  
**BiteSize Brook**

An interactive sexual health  
and risk taking behaviour  
event.

We invite you to  
**'Get in the Zone!'**  
and enjoy this new  
learning experience.

For more information please call  
**0151 670 0177**  
For more information please visit  
[www.brook.org.uk](http://www.brook.org.uk)



brook  
[www.brook.org.uk](http://www.brook.org.uk)



# Active promotion of health and well-being in the curriculum

## Personal, Social, Health and Citizenship Education (PSHCE)

The PSHCE programme forms a part of the core curriculum accessed by all students throughout Years 7 – 11. It is enhanced by a comprehensive programme delivered by external agencies to educate and support our students regarding complex issues that all young people face today.

The age-appropriate PSHCE programme comprises the following:

### For Year 7

Students are introduced to the PSHCE programme through the following sessions delivered in school by outside specialists.

- Wirral Road Safety
- Arriva Travel Safe
- Healthy Eating
- Natwest Money Skills
- Drug, Alcohol & Relationship Awareness programme (DARA) Drugs Education
- DARA Puberty
- Oral Hygiene



## For Year 8

As part of the Drugs Education Programme in Year 8, students visit The Liverpool Maritime Museum for the *Rush Drugs Awareness Programme* and *Seized Exhibition*.

This programme enables students to explore the issues associated with drug misuse within a neutral, safe environment.

Students develop their knowledge of drugs and the impact on their local community via a professional theatre piece, workshops and access to the handling collection and Gallery exhibits.

A number of Year 8 students, selected by members of the Student Services Team, participate in a one day course called 'Great Expectations', presented by the Outreach Team from Brook. The course focuses on personal development and is designed to foster such skills as confidence building, coping strategies and problem solving, as well as raising aspirations.

Other initiatives cover:

- **DARA Drugs Education**
- **Response Drugs Education**
- **DARA Relationships and Sex Education**
- **RUSH Drugs Awareness Programme**



## For Year 9

All students in Year 9 participate in the BiteSize Brook event, led by staff from both Brook, Response HIVE and The Youth Offending Team. The event looks at substance misuse, contraception, homelessness, sexuality and STIs.

A number of students, selected by members of the Student Services Team, participate in a one day course called *Cherished*, presented by The Romance Academy (Wirral Youth for Christ Charity). The course offers creative mentoring of students using scrapbooking and seeks to support, encourage and enable students to maximise their potential, develop their skills and make positive and healthy lifestyle choices which will improve their overall self-worth.

Other initiatives cover:

- DARA Drugs Education
- Response Drugs Education
- DARA Relationships and Sex Education
- RUSH Drugs Awareness Programme



## For Year 10

In Year 10, a selection of students, identified by members of the Student Services Team, participate in the *All Different, All Beautiful* workshop presented by the Outreach Team from Brook. This is designed to foster confidence, coping strategies and problem solving, as well as raising aspirations. Participation in the workshops can be used towards gaining a National Diploma in 'Developing Personal Confidence and Self Awareness'.

Other initiatives cover:

- School Nurse Health Advice and Guidance
- Wirral Road Safety
- DARA Drugs Education

## For Year 11

Year 11 students have the opportunity to participate in the *BiteSize Brook* event which takes the same format as the Year 9 event, however the students' increasing levels of maturity and experience allows for more in-depth discussions to take place and questions to be asked.

Other initiatives cover:

- **The 'My Life' Programme.** These workshops, led by two youth workers from the Wirral Brook Outreach and Education Team, comprise personal development and life skills activities designed to:
  - build individual resilience to life's challenges
  - enable individuals to flourish
  - adopt a motivational goal focused approach to overcoming challenges
- Teenage Cancer Trust
- DARA Romance Academy
- Brook Bitesize Relationships and Sex Education

***The full PSHCE programme for each year can be accessed online on our website under: School Information > Curriculum > PSHCE***

**Additional whole school initiatives across the school year include:**

- Child Exploitation and Online Protection Centre (CEOP) Internet Safety Workshops
- Internet Safety Day
- Peer Mentor Programmes
- 6th Form Friends
- Anti-Bullying Week
- Disability Awareness Week
- Heart Math
- Relaxation Groups



# Advice and guidance for parents and carers

Should you have concerns regarding your child's well-being or safety, in the first instance direct any concerns to: your GP (Health Concerns); Police (Safety Concerns); School (Educational Concerns).

Members of the Student Services Team are available to meet with current and/or prospective students and families to:

- **identify support needs and reasonable adjustments**
- **discuss strategies for managing student life**
- **provide short-term support**
- **provide information and, if needed, access to other services**
- **liaise with academic and other departments on behalf of students, where agreed**

Staff are also available to meet with students who have concerns about their wellbeing to advise on a number of strategies which may help students improve their well-being.

A Well-being Drop-In is available for parents every morning from 8.35am to 9am to discuss any concerns.



# Further resources directory

Please see below a list of useful websites with a range of resources to offer guidance and support if you are concerned regarding your child's safety.

Additionally, the PSHCE Section under Curriculum on the Weatherhead website has additional links and resources to offer support and guidance.

## Response

Response is a free and confidential counselling service to young people from across Wirral from the ages of 13 to 19, offering a range of support for people having problems with:

- **Feeling depressed or worried**
- **Exam stress or problems at school**
- **Bullying**
- **Feelings of loneliness**
- **Death of a family member or friend**
- **Family/friends relationships problems**
- **Sexuality**
- **Past traumas**
- **Self-harm**
- **Feeling suicidal**

## Contact



0151 666 4213



[response@wirral.gov.uk](mailto:response@wirral.gov.uk)

## Further resources directory (cont)

### Bully Busters

Bully Busters is an anti-bullying organisation that was launched at the beginning of September 2004 to provide support for victims of bullying, and their families, applying a zero tolerance attitude. It can help and support children, young people, parents or professionals who are having difficulties dealing with bullying.

#### Contact

 Helpline 0800 169 6928  
 [www.bullybusters.org.uk](http://www.bullybusters.org.uk)



### CAMHS

CAMHS stands for Child and Adolescent Mental Health Services. CAMHS are specialist NHS services.

They offer assessment and treatment when children and young people have emotional, behavioural or mental health difficulties.

#### To find your local CAMHS service



*Speak to your GP who can refer you*

 Freephone 0800 195 4462  
 [pals@cwp.nhs.uk](mailto:pals@cwp.nhs.uk)

### Connexions

Connexions provides support for young people across Merseyside in relation to education and careers.

#### Contact

 Helpline 0844 824 0500  
 [www.connexionslive.com](http://www.connexionslive.com)



## Harmless

A user-led organisation that provides a range of services about self-harm, including support, information, training and consultancy to people who self-harm, their friends and families, and professionals.

### Contact

 [info@harmless.org.uk](mailto:info@harmless.org.uk)

## Kooth

An online counselling service for young people aged 11-24 with specially-trained counsellors who offer support with drugs, alcohol and sexual health by informing about uncomfortable topics.

### Contact



 [www.kooth.com/members/contact.php](http://www.kooth.com/members/contact.php)

## Open Door

Open Door is a free and immediate therapeutic service to young people across Merseyside. Offering access to 'Beating the Blues' computerised cognitive behaviour therapy, a range of projects and services which affiliate the discussion of depression and anxiety with creative, artistic and musical circles, rather than the medical or clinical domain. It is open to all young people and severities of disorder.

**Open Monday to Friday 10am – 6pm**  
**Seaview Road, Wallasey, CH45 4LD**

### Contact

 0151 639 4545  
 [info@theopendoorcentre.org](mailto:info@theopendoorcentre.org)

## Further resources directory (cont)

### RASA (Rape and Sexual Abuse)

RASA strives to offer individual care to every survivor who comes through our doors. Essentially this care would fall into one of a number of categories. We would expect to fulfill client needs by offering Counselling, Advocacy or Support.

#### Contact



Birkenhead 0151 666 1392



West Wirral – 0151 633 2151



[rasa@rasamerseyside.org](mailto:rasa@rasamerseyside.org)

### Teen Wirral

Teen Wirral aims to provide Wirral's 13 to 19 year olds with a variety of information relevant to this age group, such as what to do about bullying, how to access sexual health services and facts about drugs & alcohol.

#### Contact

*Wirral Council Central Advice and Duty Team:*



0151 606 2008



[cadtchildrensocialcare@wirral.gov.uk](mailto:cadtchildrensocialcare@wirral.gov.uk)



*Out of hours - contact Emergency Duty Team (EDT) on*



0151 677 6557

### CEOP (formerly Child Exploitation and Online protection)

CEOP protect children from harm online and offline, directly through National Child Agency-led operations and in partnership with local and international agencies.

#### Contact



0870 000 3344



<http://ceop.police.uk/safety-centre/>

# Post Sixteen

In Sixth Form we have a large and committed team of specialists to support our students. This includes dedicated pastoral staff focused on health and well-being.

The Sixth Form team will consult parents/carers directly if there are concerns in relation to a student's welfare or well being.

As appropriate students will be referred to external agencies for further support and guidance. We refer to the following agencies depending upon the individual need of the student:

- Response
- Brook
- Cruse Bereavement
- Youngminds
- Smoking cessation and alcohol awareness

Form time provision focuses on the promotion of health and well-being through *Yoga*, *HeartMath* and bespoke health services according to the needs of the individual. Traditionally the year culminates with a *Health and Well-Being Day*.

# Weatherhead High School

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**Website:** [www.weatherheadhigh.co.uk](http://www.weatherheadhigh.co.uk)