

Supporting Families at Burlish Park Primary School

At Burlish Park Primary, we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case please come and talk to us. There are many ways in which we can help as outlined in the following pages. We can also help to plan specific support for families where the school, other agencies and you as a parent can work together to achieve the best for your child and family.

There may be times when you need extra help and support. If this is the case, please come and talk to your class teacher or one of the members of staff who are part of our Pastoral Team.



Designated Safeguarding Lead

Mrs Heather Lindley



Deputy Designated Safeguarding Lead

Mrs Rebecca Jelfs



Deputy Designated Safeguarding Lead

Mrs Stacey Purnell



Early Years Designated Safeguarding Lead

Miss Tracey Girling

Supporting Families

Burlish Park Primary want to support you and your child as they grow up when you, or they, may need further support, guidance and signposting.

We can help to find the support you need with:

- Routines and family rules
- Families who may not be eating healthy food
- Keeping to a healthy lifestyle

- Children who are caring for a family member
- Children who may not want to go to school for different reasons
- Disability within the family
- Children in the family have Special Educational Needs (SEND)
- Children who may becoming involved in anti-social or criminal behaviour
- Children who go missing from home
- Children or parents / carers misusing drugs or alcohol
- Children at risk of being tricked, forced, or made to work in the criminal world
- Children who may need support because they may live in a home and see drug or alcohol abuse or adult mental health problems.
- Children who have parents who argue a lot (and sometimes might hurt each other) whether the parents live together or apart
- Children at risk of being groomed to join groups which support illegal views
- Children and their use of technology and social media
- A privately fostered child (a child from another family living within your family home)
- Families who are experiencing problems financially or with housing issues

Burlish Park Primary and other groups and people in the community can work together to help children, young people and their families.

At Burlish Park Primary, we meet the needs of our children through a variety of ways:

Pupil Voice – pupils are actively encouraged to speak about any concerns they have to a member of staff or to our nurture team. As part of the curriculum, children are taught to speak openly about their mental health and wellbeing. Pupils know the staff take all their concerns very seriously. There are other ways that the children can share their worries and concerns through worry boxes or worry monsters that are in every classroom.

- Children’s questionnaires ascertain if pupils feel happy and safe and directly impact content of the My Life – our PSHE curriculum – for all year groups across school
- STARS values (Sharing, Trust, Achievement, Respect and Safety) In all that we do and every decision we make, we use our values to guide us.
- Our curriculum gives opportunities for the children to learn how to look after their own safety and wellbeing and to help others to stay safe.
- Assemblies, visitors and educational trips gives the children knowledge, skills and strategies to keep themselves safe.
- Assemblies are delivered both by our staff and visitors concerning how to stay safe online. This is also embedded through our Computing curriculum.

- Our school council play a major role in making sure that the pupil voice makes a difference to decisions made at school and they meet with Mrs Postans and Mr Lindley.
- We are a Trauma Informed School. Staff have received training on the impact of trauma on behaviours and PACE.
- Staff are available to meet and greet in the mornings.
- Emotionally Available Adults are allocated to some children.
- We have a Nurture Team and using the programme Motional, we identify needs and we respond to adverse events in the lives of our children.
- We identify which children have ACEs across the whole school.
- We have a nurture dog – Alfie – who visits the children in school.
- We have a system called Sports Sanctuary to support children.
- Forest School is used within nurture – we understand the use of outdoor space is really important for the children.
- Lunchtime nurture groups.
- Walks of Discovery with Emotionally Available Adults.
- We have effective communication between pupils and staff.
- Staff have attended training in areas such as mental health and wellbeing, mindfulness, online safety, attachment.
- Our Nurture Room is available throughout the day for regular sessions and also for unexpected issues.
- We work with school nurses.
- We have links with the PCSOs.
- We work with Starting Well and can host workshops in a variety of areas – Understanding children’s behaviours, Looking after yourself and Eating well for less.

Behaviour for Learning at Burlish Park Primary

The school encourages and rewards pupils on a lesson by lesson basis and during break times

Burlish Park Primary recognises the importance of a relationship based approach which is inclusive for all and benefits the whole school community. Staff understand the importance of positive attachments and relationships in promoting emotional health and wellbeing. Our approach recognises that children are individuals with their own unique qualities that need to be celebrated; whilst at the same time, meeting and supporting those who may, at any point, experience difficulties with their behaviour.

Pupils are rewarded for displaying positive behaviours, as detailed in the school Behaviour for Learning Policy. Our school Behaviour for Learning Policy is followed for pupils displaying

unwanted behaviours. The importance of communication with parents and guidance for actions is also detailed within this policy.

Pastoral Support

Designated staff within our Nurture Team work with pupils and families to support their needs whilst also signposting them to relevant agencies. With families' consent, we can refer families for further targeted support.

SENCO

Mrs Thomas works with children and families with additional needs and can signpost parents to many different agencies. Mrs Thomas supports staff in school to ensure they are meeting the needs of all children with additional needs.

Designated Safeguarding Lead (DSL)

The DSLs ensure rigorous and robust systems are in place within the school to ensure the safety of all of our children.

All staff will be aware of this document and the different ways that Burlish Park Primary can support and/or signpost support for families.

Family Front Door

If a member of staff, parent/carer or member of the public thinks a child or young person is at immediate risk of significant harm they should contact the Family Front Door (FFD) – 01905 822 666 or in an emergency always call 999.

WSCB (Worcestershire Safeguarding Children's Board)

<http://www.worcestershire.gov.uk/safeguardingchildren>

Important information for parents and professionals across Worcestershire in relation to keeping children safe and avenues of support. Everyone should know how to access this website which has all of the agreed Worcestershire safeguarding and child protection processes on it.

The services and support available are outlined below.

Burlish Park Primary will refer to appropriate agencies when help is required to support children, young people or families or to prevent harm.

All Burlish Park Primary staff must be aware of this Supporting Families document. At all times all staff should consider if there is any service, group or link that we can utilise in order to help a child thrive.

We also liaise with other agencies and people within the local community and in the table below are some National organisations that can support Children, Young people and their Families

Local Services

Ready Steady Worcestershire – School Holiday food and activities

<https://www.worcestershire.gov.uk/readysteadyworcs>

<https://kidderminster.foodbank.org.uk>

<https://www.startingwellworcs.nhs.uk/familyhubs>

Stourport Library – Events, groups and activities

https://worcestershires.gov.uk/directory_record/30/stourport-on-severn_library

Early Help Family Support District Team

<https://www.worcestershire.gov.uk/info/20878>

Health (Including mental health, emotional wellbeing and sexual health)

The Starting Well Partnership offer a range of health services which support both children and families experiencing a range of health issues.

<https://www.startingwellworcs.nhs.uk/health-visitors>

Health Visitors aim to work with families to improve future health outcomes, and by utilising specialist training can provide expert information, assessment and intervention for babies, children and families including first time mothers and fathers and families with complex needs.

School Health Nurses

School health nurses offer a range of services such as home visits, health needs assessments, time4u drop-in service, school aged hearing and national child measurement programme to support the needs of children and their families.

<https://www.startingwellworcs.nhs.uk/school-health-nursing>

Text service supporting young people

Young people needing advice or support in Worcestershire can access ChatHealth – a free and confidential text service which puts them in touch with their local school health nurses. ChatHealth is a secure and confidential text messaging service available to 11-19-year-olds in the county.

<https://www.startingwellworcs.nhs.uk/news/text-service-supporting-young-people-1753>

<https://www.childline.org.uk>

Childline is a counselling service for children and young people provided by the NSPCC.

<https://www.recovery.org.uk/>

If you are struggling with drug or alcohol addiction, recovery.org.uk can help.

Social Prescribing: Onside Advocacy, Worcestershire

Social Prescribers support you to take control of your health and look after yourself by making connections with the different types of community support available.

<https://www.onside-advocacy.org.uk/social-prescribing>

Worried about your child's mental health?

CAMHS provide mental health help to children, young people and their families across Herefordshire and Worcestershire.

<https://camhs.hacw.nhs.uk/>

The Reach Wellbeing team promotes positive wellbeing to reduce the stigma of mental health by providing short-term group programmes for children and young people age 5-18 experiencing mild to moderate anxiety and low mood.

<https://camhs.hacw.nhs.uk/reach4wellbeing>

PAPYRUS is the national charity dedicated to the prevention of young suicide.

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

<https://www.samaritans.org/>

A unique charity dedicated to reducing the feelings of isolation and disconnection.

Healthy Minds is your local IAPT service, IAPT stands for Improving Access to Psychological Therapies. All of us at some point feel low, anxious, worried or depressed. It is completely normal but it can also start to impact what we do and who we are and when we reach that point it is important to get help to prevent these feelings getting worse. We understand that seeking support is a big step. There are many situations in a person's life which may cause stress, anxiety, low mood or depression. We hope to provide you with support and information that will help you feel yourself again.

<https://www.healthyminds.whct.nhs.uk/home>

www.mind.org.uk

Providing advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

<https://www.winstonswish.org/>

Winston's Wish supports bereaved children, young people, their families and the professionals who support them.

<https://www.kemphospice.org.uk/>

The Wyre Forest Hospice, based in the heart of the Wyre Forest, offer care and support to patients, families and carers who are experiencing life-limiting illness and bereavement. Services include: Day Hospice Care, Family Support and Bereavement Services.

Relationships

The following services and links offer information, advice, and intervention on healthy relationships for your family and children:

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

Challenges at home:

https://www.worcestershire.gov.uk/info/20885/harmony_at_home/2350/harmony_at_home_%E2%80%9393_information_and_support_for_parent_carers

The Family Hub

Supporting healthy relationships

https://www.worcestershire.gov.uk/info/20643/the_family_hub/2417/the_family_hub/4

Friendships and relationships in teenagers

Making friends and starting new relationships are a big part of getting older. It's very common to fall out with friends or break up from relationships – which can be very difficult to deal with. You might also be in a relationship that doesn't feel right and need some advice about what to do. The websites below contain lots of information about making friends, peer pressure, healthy and unhealthy relationships, sex and much more. There is also information available for parents around how to talk to your child about friendships, sex and relationships.

<https://www.childline.org.uk/info-advice/friends-relationships-sex/>

<https://www.disrespectnobody.co.uk/relationship-abuse/signs-to-spot/>

<https://www.nhs.uk/live-well/sexual-health/>

<https://www.nhs.uk/live-well/sexual-health/getting-contraception/>

Bullying including cyber bullying

If you are concerned your child or a child, you know is being bullied there are several services and useful links which can help you support your child as a parent. In the first instance if bullying is happening at school, please speak to a member of staff who will be able to help.

The following links will provide you with more information if you or someone you know is being bullied:

https://www.worcestershire.gov.uk/info/20560/bullying/1651/is_your_child_or_someone_you_know_being_bullied

https://www.worcestershire.gov.uk/info/20560/bullying/1648/are_you_being_bullied

<https://www.worcestershire.gov.uk/info/20560/bullying/1677/cyberbullying/1>

<https://www.kidscape.org.uk>

Sexual violence and sexual harassment between children in schools and colleges

Here is advice from the WCC webpage:

http://www.worcestershire.gov.uk/info/20379/domestic_abuse_and_sexual_violence/886/sexual_violence_and_abuse

West Mercia Rape and Sexual Abuse Support Centre:

<https://www.wmrsasc.org.uk/>

01905 724 514

Domestic Abuse

West Mercia Women's Aid provides support to children and young people who have been affected by domestic abuse. Their work has a strong focus on self-esteem, self-care and on

understanding healthy relationships. This includes support for young people who are themselves experiencing abuse in their teen relationships. <https://www.westmerciawomensaid.org/services/children-and-young-people-services/>

Here is a very helpful website for what do to in many different difficult situations: https://www.worcestershire.gov.uk/info/20379/domestic_violence_and_sexual_abuse

Domestic violence or abuse can happen to anyone. Find out how to recognise the signs and where to get help.

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

Further reading

- [Controlling or Coercive Behaviour in an Intimate or Family Relationship Statutory Guidance Framework \(GOV.UK website, opens in a new window\)](#)
- [Multi-agency Statutory Guidance for the Conduct of Domestic Homicide Reviews \(GOV.UK website, opens in a new window\)](#)
- [Worcestershire Domestic Abuse Strategy](#)

Online Safety

If you have concerns around the safety of your child or a child you know online, the following links will provide you with information, support, and advice to help understand the risks and keep your child safe online:

- <https://www.thinkuknow.co.uk/parents/>
- <https://www.barnardos.org.uk/online-safety>
- <http://educateagainsthate.com/>
- www.internetmatters.org
- <https://www.bbc.com/ownit/the-basics/8-tips-for-staying-safeonline>

Sending nudes or semi-nudes.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>

Fabricated or induced illness (FII)

Fabricated or induced illness (FII) is a rare form of child abuse. It occurs when a parent or carer, exaggerates or deliberately causes symptoms of illness in the child.

<https://www.nhs.uk/conditions/Fabricated-or-induced-illness/>

SEND (Special Educational Needs and/or Disabilities)

Mrs Thomas, our SENCO, works with children and families with additional needs and can signpost parents to many different agencies if additional support is identified.

If you are looking for information or advice the following links will help you:

<https://www.worcestershire.gov.uk/sendlocaloffer> or
contact localoffer@worcschildrenfirst.org.uk

SEND Information, Advice, Support Service

<https://www.hwsendiass.co.uk/>

Social care support for children with disabilities.

https://www.worcestershire.gov.uk/info/20502/disabilities/1653/social_care_support_for_children_with_disabilities

SEN Services and Support Groups

- [9 Tea Cups](#)
- <https://www.autismlinks.co.uk/> Links to events, services and information of use to families of people with Autism
- Children's Centres. Find out what's happening at [your local Children's Centre](#)
- Community Paediatric Service
Community Paediatric Service is concerned with developmental delay and learning disability; Motor difficulties such as cerebral palsy and muscular dystrophy; Neuro-developmental conditions including ADHD and ASD; complex behavioural difficulties; sensory impairment; statutory medical & educational assessments
<https://www.hacw.nhs.uk/services/service/community-paediatric-team-18/>
- [Council for Disabled Children](#)
A host of useful leaflets on SEND issues many in Easy Read format to help children understand
- [Disability Information Advice Line \(DIAL\) Worcestershire](#)
Website of the disability advice line South Worcestershire; local info on: Mobility; Benefits and Finance; Carers Support and Respite; Community and Voluntary Support; Disabled Children's Services; Education and Employment; Health; Housing; Independent Living; Learning Disabilities; Legal Support; Leisure and Holidays; Mental Health; Mobility and Aids to Daily Living and Older People's Services
- Dyslexia Parent Support
Group. https://www.worcestershire.gov.uk/directory_record/4848/worcester_dyslexia_parent_group_-_support_group_for_parents_with_children_who_have_dyslexia
- [Learning Disabilities \(opens in a new window\)](#) We work with people with learning disabilities, their families and the people who support them.

Worcestershire Young Carers

Worcestershire Young Carers aim to identify, and support children and young people aged 7 to 24 years who have a caring role within the home and help look after a parent, sibling, or grandparent due to illness, disability, physical or mental health difficulties or substance misuse.

<https://www.yss.org.uk/worcestershire-young-carers>

Information for adult carers and young carers.

Do you help to look after someone a few hours a week (or more) that relies on you for emotional, medical, personal, or physical care or help with domestic tasks? You could be a carer and would possibly benefit from support.

<https://www.worcestershire.gov.uk/info/20570/carers>

Finance, Housing and Employment

If you are facing challenges around employment and income, please contact the local job centre who can with offer support with jobseekers' allowance, incapacity benefit, employment and support allowance and income support:

Citizen's Advice Bureau <https://citizensadviceworcester.org.uk/>

For information on what financial and housing support is available in Worcestershire, please visit:

https://www.worcestershire.gov.uk/info/20643/the_family_hub/2417/the_family_hub/3

Please contact the school if you would like representatives from the following companies who offer support concerning finance, housing and employment to contact you.

Parenting Support

The Starting Well Partnership offer a range of parenting support, information, groups, and courses.

For information on the groups available please visit:

<https://www.startingwellworcs.nhs.uk/parenting-groups>

Parenting Talk is an online hub offering information, advice, and a free confidential online chat with a parenting advisor.

<https://parents.actionforchildren.org.uk/>

Homestart can work with you to provide one to one support in the family home each week. This service provides support tailored to your needs and can help you as parents they learn to cope and build confidence to provide as best you can for your children.

<https://www.nhs.uk/services/service-directory/home-start-wyre-forest-wyre-forest/N10498327>

Substance Misuse

If you live in Worcestershire, are over 18 and want to change your alcohol and/or drug use, Cranstoun can help. They also have services for young people and families in Worcestershire.

<https://www.cranstoun.org/services/substance-misuse/cranstoun-worcestershire/>

Here 4 Youth is support service for children and young people up to the age of 18 who may be struggling with their use of drug and / or alcohol.

<https://www.cranstoun.org/services/young-people/here4youth-worcestershire/>

Do you have a family member in prison?

Do you have a family member in prison which is having an impact on your child?
Support is available to work with both the person in prison and your family.

<https://www.nicco.org.uk/>

Families First provides support and guidance in a safe space, to enable the whole family to cope with the demands of having a partner, and parent, in prison:

<https://www.yss.org.uk/familiest-first>

Children and the court system

Children are sometimes required to give evidence in courts, either for crimes committed against them or for crimes they have witnessed. There are two guides to support these children which can be found at <http://www.worcestershire.gov.uk/> (**young witness booklet for 5 to 11 year olds**) which is a pdf. There is also a document called “**going to court and being a witness age 12 to 17**” which is also found at <http://www.worcestershire.gov.uk/> Making family arrangements via court can be stressful and entrench conflict in families. The ministry of Justice has just launched an online dispute resolution service. This can be useful to parents and carers. Got to <http://www.worcestershire.gov.uk/> and search for “**get help with arrangements.**”

Get Safe

All staff at Burlish Park Primary School have received training around identifying early cases of child exploitation and female genital mutilation. If you are worried your child is at risk of being tricked, forced, or made to work in the criminal world please speak to a member of staff and visit Get Safe for help and information:

<https://www.worcestershire.gov.uk/GetSafe-keepingchildrenandyoungpeoplesafefromcriminalexploitation>

Sarah's Law

[Sarah's Law | SARSAS](#)- A law for anyone who wants to find out if a person who has contact with a child, has a record of child sexual offences.