



Help and Support for Children and Families

Peter 4:10 'God has given you gifts. Use them well to serve one another.'

At the Littletons CE First School we recognise that bringing up children can sometimes be a challenge and that there may be times when you require a little extra help and support. This is even more relevant considering how the Covid-19 pandemic has impacted on every aspect of our lives and the lives of our children. Your family might not have needed any additional support before Coronavirus but the effects of the pandemic may have presented many challenges to your family situation so please don't feel that you shouldn't ask for help. This document will tell you how we can help you and your family.

Who is in our team?

Mr Paul Jones – Head teacher and Designated Safeguarding Lead
email: office@thelittletons.dowmat.education

Mrs Nicky Felton – SEND Lead email: office@thelittletons.dowmat.education

Mrs Sally Foxall– Deputy Designated Safeguarding Lead (DSL) email:
office@thelittletons.dowmat.education

Mrs Cath Gittins – Safeguarding Governor and Chair of the Local Academy Board email:
office@thelittletons.dowmat.education

School nurse - Kelly Pass 01386-502576

Early Help is a pathway to supporting you and your child as they grow up. Providing early help to our pupils and families means that we can improve the lives for children, families, and communities, providing support as soon as a problem begins, at any point in a child's life.

Early Help can support children and their families who may be struggling with:

- Routines and family rules
- Families who may be 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
- A privately fostered child (a child from another family living within your family home)

There is also the Early Help offer from Worcestershire Children First which means that you can get very specific support as soon as a problem emerges should you meet the threshold.

<https://www.worcestershire.gov.uk/early-help-family-support>

https://www.worcestershire.gov.uk/sites/default/files/202302/64954_early_help_in_worcestershire_booklet_ws01_8_2.pdf

The diagram below shows the range of needs at different levels. We use this graduated approach to make sure we provide the best support for different families' individual situations.



At The Littletons CE First School we meet the needs of our children through a variety of ways:

Safeguarding

We care for our children and we will take any concern very seriously to keep your child safe

- All teachers and staff know precisely how to identify and report concerns, via staff training on induction and our regular updates on safeguarding.
- Our attendance team will follow the Missing from Education guidance if a child fails to come to school for a significant length of time and we don't know why.

All our staff have read the Keeping Children Safe in Education 2023 document and take their responsibilities very seriously.

Pupil Voice

We actively encourage children to speak about any concerns they have to a trusted member of staff. In lessons children are taught to speak openly about their emotions and they know that staff will take all their concerns very seriously. We also give children the opportunities to talk through:

- PSHE/RSE lessons and circle time
- Children's questionnaires which tell us if they feel happy and safe
- E-safety lessons and assemblies which are given to all pupils
- Emotional health and mental well-being sessions (ELSA)

Attendance

Mrs Huskisson is the lead on attendance and she liaises with our Education Welfare Officer. Attendance is monitored weekly and follows our attendance policy, we then support pupils and families with attendance below 90%. The aim is to offer help and solutions to any problems.

The school operates a first day response system and we will call you if your child doesn't come to school and you haven't let us know why.

SEND

Mrs Felton is our SEND lead and works with children and families with additional needs. She is very skilled and can signpost parents to many different agencies. In addition, all other staff are aware of help we can provide in school.

Further information about SEND:



Herefordshire and Worcestershire Special Educational Needs Disabilities (SEND) Information Advice and Support service (SENDIASS) provides impartial information advice and support on all matters relating to children and young people with SEND.

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

Below is the link to social care for children with disabilities.

<https://www.worcestershire.gov.uk/childrens-social-care/social-care-support-children-disabilities>

Also look on the school’s website for the SEND School’s Offer for more information about Special Educational Needs and Disabilities.

Our School Early Help Offer

<p>Pastoral Support</p>	<p>Pastoral Support Plans or Behaviour Plans may run to help your child with mental health and emotional needs.</p>
<p>Emotional Literacy (ELSA)</p> 	<p>We have a trained practitioner in ELSA – Mrs Collins - who can support children with anxiety, low self-esteem, managing anger and friendships. If you would like to know more please ask Mrs Felton.</p>
<p>Operation Encompass</p>	<p>We get notified of any domestic violence incidents that occur to enable us, if necessary, to support our children in school</p>
<p>Online Safety</p>  <p>Please do come and see us if you have any worries about what your child is doing on their devices or if you want advice about how to manage their screen time and online safety.</p>	<p>Online Activity (phones, computers) can be a serious risk to children. The use of technology has become a significant component of many safeguarding issues. With the right support, education and safety measures in place the internet and new technologies can also bring great benefits but we must all be vigilant. Children take part in regular online safety activities, lessons and assemblies in school.</p> <p> PACE (parents against child exploitation) UK is a useful website to engage parents with safety issues. www.paceuk.info/</p> <p> Information and resources to help you look out for signs of child exploitation. https://www.worcestershire.gov.uk/childrens-social-care/get-safe</p>

<https://www.thinkuknow.co.uk/parents/>

- This is the **Child Exploitation and Online Protection** (CEOP) Centre. It's a one stop shop for most information about online safety.

**educate.against.
hate**

<http://educateagainsthate.com/> - This is the government website to help parents and professionals understand the risks of children and young people being **radicalised by extremists** online and how to keep children safe from this.

www.internetmatters.org – A great site for helping parents keep their children safe online.

NSPCC

Sexting is the sending or receiving of sexually explicit images, videos or conversations online.

<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/>

Cyberbullying information

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

<https://www.internetmatters.org/connecting-safely-online/advice-for-parents/tackling-the-hard-stuff-on-social-media-to-support-young-people/cyberbullying-advice-guide/>

Online gaming information

<https://www.internetmatters.org/resources/online-gaming-advice/the-basics/>

<https://www.thinkuknow.co.uk/parents/articles/gaming/>

We also liaise with other agencies and people within the local community and we can point you in the direction of further help and support if needed. See below for more information.

WORCESTERSHIRE
VIRTUAL FAMILY HUB



<https://www.worcestershire.gov.uk/virtual-family-hub>

This is a virtual family hub that gives a range of different types of resources to help support you and your family.



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

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

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



The Reach4Wellbeing team supports and promotes the emotional wellbeing of young people and parent/carers through evidence based interactive online group programmes.

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



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

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



Winston's Wish is a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief.

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



If you want advice about speech development, attention and listening, social skills and managing feelings, look no further!

The website below has lots of practical ideas, film clips and resources to help at home.

<https://www.hacw.nhs.uk/childrens-speech-and-language-resources/>



Harmony at Home understands all relationships can experience challenges, difficulties and breakdown, especially with the pressures of being a parent.

Conflict is natural within relationships, these pages have been designed specifically to support families with advice, tips and information for parents and carers who may be together, separating, divorced or co-parenting.

<https://www.worcestershire.gov.uk/virtual-family-hub/harmony-home>

Worcestershire Young Carers

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

The YSS Worcestershire Young Carers and Young Adult Carers service exists to support young people who have a caring responsibility at home.

Healthy relationships

Advice for parents and carers on how to talk to their child about relationships, sex and consent.

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

READY STEADY
WORCESTERSHIRE



This site gives lots of information about the holiday activities and food programme for parents.

<https://www.worcestershire.gov.uk/virtual-family-hub/ready-steady-worcestershire-holiday-activities-and-food-haf-programme>

There is also a termly newsletter about support in the local community and in Worcestershire. Look out for this on Class Dojo.



Help and Support for Children and Families



Worcestershire Children's Physiotherapy & Occupational Therapy Team
Check out the **Youtube** videos that support families, children and young people understand sensory processing and offer some ideas of tools and strategies that can be used to enable participation in activities of daily living. There are clips about dressing, meal times, screen time and many more.

<https://www.youtube.com/playlist?list=PLD8mTJutwFZZmK2kKR12pZqBj7K0b5ie>

They also have a Facebook page.

<https://www.facebook.com/HWHCTPaedOTPT/>



If you want advice about speech development, attention and listening, social skills and managing feelings, look no further! The website below has lots of practical ideas, film clips and resources to help at home.

<https://www.haw.nhs.uk/childrens-speech-and-language-resources/>

They also have a Facebook page.

https://www.facebook.com/childrensSLT/Hawale-en_GB



Tom Percival's Big Bright Feelings series is the perfect springboard for conversations about mental and emotional health, positive self-image, building self-confidence and managing feelings.



https://www.amazon.co.uk/s?k=tom+percival&stripbooks&crd=3E6H0HHFDSUSM&sprefix=tom+percival%2Cstripbooks%2C75&ref=nb_sb_noss_1



The Starting Well Partnership supports families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives.

Families are supported by Health Visitors, Parenting Support Workers, Community Nursery Nurses, School Health Nurses, Health Care Assistants, Volunteer Coordinators, Community Health Connectors, Business Support Officers and Administrators. They provide support, advice and clinics from our Family Hubs, community spaces, schools and GP surgeries.

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