



**PERRYFIELDS**  
ACADEMY  
Together we achieve excellence

## Parent/Carer Newsletter

April 2022



# Safeguarding Statement

At Perryfields Academy, meeting the needs of our learners is our priority. It is a privilege for us to be part of each child's learning journey. With our mission statement being; 'Together We Achieve Excellence', our staff work as a team to nurture our students and prepare them for their future. We aim to provide a safe and secure environment in which children will thrive and develop intellectually, emotionally, socially and physically; a place where learning is central to everything. Our staff are committed to supporting the students entrusted to our care and for them to achieve their best, we ensure a positive working relationship between home and school. Our partnership with parents is extremely important to us.

## Mental Health Awareness Week

9 - 15 May 2022

### Self-Care

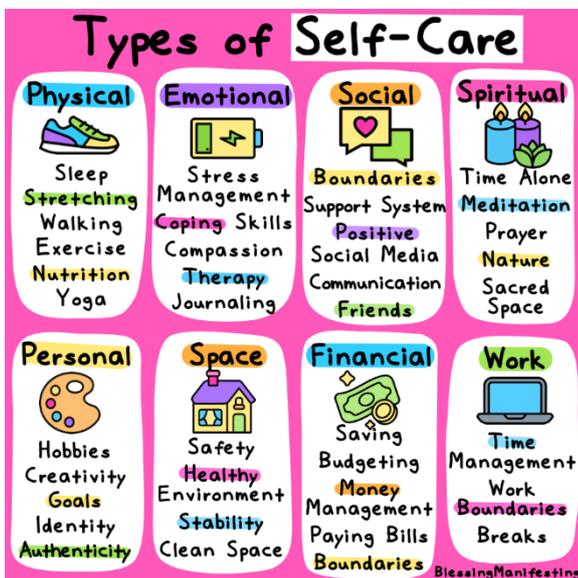
'Self-care' is a phrase you have probably come across, but what does it really mean?

In its simplest form, self-care is just the little things we do to look after our own mental health. It is about trying to listen to how we are feeling and understanding what we need, even if it's difficult, so we can care for ourselves.

This could mean taking timeout when we're feeling overwhelmed; it could mean making time to do an activity that we know makes us feel good; or it could be as simple as making sure to do the basics like eating and sleeping well when we're struggling.

What works for one person may not work for someone else.

It also looks different depending on where we are at mentally at the time; what works for us when we are doing well might feel impossible when we are going through a hard time. But that's okay. The important thing is that we listen to what we need, not what we think the world needs from us.



# Five Ways to Wellbeing

Looking after your wellbeing is important, as it affects many aspects of your life. The better it is, the better your physical health, relationships, social skills, and your ability to learn will be.

Personal wellbeing does not happen by accident; we all need to work at it. However, there are simple things that you can do to improve your wellbeing. There are 5 Ways to Wellbeing; a set of five simple actions, which you can apply in everyday life to improve wellbeing.

They are:

## 1. Connect...

We all need social contact of some form. It is good to take time out to visit loved ones or keep in touch over the phone. This gives you a chance to share your thoughts and feelings, to get things off your chest. It is also good to make new friends.

## 2. Be active...

It is good for you to find physical activities that you enjoy and do them often. This will improve your mood, increase your fitness, help you lose weight and be healthier. As everyone likes different things, the key is to find a variety of activities which you enjoy.

## 3. Take notice...

Taking time to be aware of the things around you keeps your mind active and helps you appreciate the beauty that surrounds you. Reflecting on your experiences will help you value what matters. Engaging your creative mind brings enjoyment and achievement, refocusing your attention, and slowing your pace.

## 4. Keep learning...

As the saying goes, use it or lose it! Exercising your brain keeps it working well for longer, just like the muscles in your body. Learn how to cook your favourite food, learn a language, revive an old interest, or try something new.

## 5. Give...

Giving feels good, both for the giver and receiver. Do something nice for a friend or a stranger. Thank someone or just smile. Get involved in projects which require your time and mental energy. Getting involved with the wider community can be quite rewarding and creates connections with the people around you.

More information can be found at: [www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)



## MeeToo App

Available on Android and iOS

MeeToo is a multi-award winning, free, anonymous app where young people can talk about difficult things. Built on research showing the positive impact of peer support for mental health, MeeToo provides a safe, pre-moderated (by humans) space for young people aged 11+ to experiment with opening up about whatever may be on their mind.

Posts can be responded to by other users, as well as a team of trained university psychology students and MeeToo counsellors who help to guide discussions and ensure that no post goes unanswered.

Moderators check every post and reply before they go live to ensure the safety and anonymity of our users, and our counsellors uphold a sophisticated system for monitoring and tracking potential safeguarding risks.

MeeToo supports over 6,000 young people each month. It is featured on the NHS Apps Library and promoted by more than 1,000 schools in the UK.

You can easily see how MeToo works here: <https://www.meetoo.help/how-meetoo-works>

## Where to go for Support

### **Sandwell Healthy Minds - [Sandwellhealthyminds.nhs.uk](https://sandwellhealthyminds.nhs.uk)**

Sandwell Healthy Minds provides psychological therapies service for people who are experiencing common mental health problems such as depression, anxiety and stress as well as supporting people on their personal journey towards a meaningful and satisfying life, where hope, opportunity and choice are the key elements through our Recovery College. The Service is open to anyone who is age 16 and over and registered with a Sandwell GP.

### **Forward Thinking Birmingham - <https://forwardthinkingbirmingham.nhs.uk/>**

At Forward Thinking Birmingham we work with children, young people and young adults who are struggling with their mental health, we aim to involve families/guardians/carers in their care and treatment wherever possible.

### **Dudley iZone - <https://izone.org.uk/mental-well-being/>**

Take care of your thoughts, feelings and emotions!

## Childline Tool: Remove a Nude Image Shared Online

Childline have launched the Report Remove Tool with the Internet Watch Foundation (IWF) to help young people remove nude images of themselves from the internet.

The report remove tool can be used by any young person under 18 to report a nude image or video of themselves that's appeared online. The IWF then review these reports, and work to have the content removed if it breaks the law.

There are many reasons a young person may have shared a self-generated sexual image. Some may have sent an image for fun, or to a boyfriend or girlfriend, which has then been shared with others or on platforms without their consent. They may also have been groomed online or blackmailed into sharing this content.

More information on the tool can be found here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>

## Mobile Phones and Ear/Headphones



Mobile Phones and Headphones are not allowed to be used on school site.

Although we appreciate students will have them for their journey to and from school, if a student is found using their phone in school, whether seen or heard, it will be confiscated as per our Managing Student Behaviour policy.

The student will be issued a school detention for the same day and the mobile device can then be collected on completion of this.

If a mobile device is confiscated for a second time, the phone will be kept in the safe until a parent/carer is able to collect it. A letter will be issued to the student after they have completed their detention with information on who to contact to arrange collection of the student's phone.

If this occurs for a third time, the parents will be contacted to discuss a collaborative consequence to prevent it from happening again.

## Safeguarding Team



## School Uniform

The new school uniform and PE kit is compulsory for all students from September 2022. Uniform consists of:

Blazer – Navy blue, with embroidered badge or sewn on

Shirt – White long or short sleeve

Tie – Navy blue with Academy logo

Trousers – Navy blue (male and female)

Skirt – Navy box pleated (not acceptable - straight or part pleated skirts)

Shoes – Black (Trainers or fashion trainers/pumps are not acceptable. For further details on acceptable shoes please see the school website: Parents folder - School Uniform)

NB – Black socks and plain black tights are to be worn.

PE Kit:

Navy polo with Perryfields Academy logo

Perryfields' branded navy shorts, tracksuit bottoms or leggings

Plain navy football socks (knee high)

Navy mid-layer with Perryfields Academy logo (If students do not wish to wear a second layer, it is not compulsory)

We are now working with a new manufacturer/supplier for school uniform; GOGNA Schoolwear. In addition to our current uniform suppliers, we are now working collaboratively with GOGNA. Working with GOGNA allows parents/carers to order uniform online and have it delivered to their home address, set up payment plans, order through click and collect, whilst still having a physical store in Oldbury to visit. Items are slightly discounted if bought as part of a package.

QR Code will take you to Perryfields Academy page at GOGNA Schoolwear.



GOGNA Schoolwear

Junction 2 Industrial Estate

Unit 1B

Demuth Way

Oldbury

B69 4LT

Tel: 0121 523 5572 <https://www.gogna.me/>

Uniform can be purchased from other high street and uniform retailers.



Perryfields  
Academy



@PerryfieldsAca



**PERRYFIELDS**  
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**BLACK COUNTRY**  
**FOODBANK**  
LOVE . CONNECT . INVEST



## FAMILY SUPPORT

We are here to support our students and our families in any way we possibly can. If you need our support, please email us at [pastoral@perrys.org.uk](mailto:pastoral@perrys.org.uk)

Here are some other useful resources in Sandwell and surrounding areas to enable you to get support and advice for a range of different areas.

## FOOD BANK INFORMATION

### BLACK COUNTRY FOOD BANK

<https://www.blackcountryfoodbank.org.uk/>  
<https://www.blackcountryfoodbank.org.uk/locations/>

Telephone: 01384 671250 Email: [admin@blackcountryfoodbank.org.uk](mailto:admin@blackcountryfoodbank.org.uk)  
If you don't have access to a voucher, please call the above number.

### RESTORE

Transformation Church, 1 Station Road, Rowley Regis, West Midlands B65 0LI  
Opening Hours: Wednesday 11:30am - 1:00pm

### HOLY TRINITY CHURCH – OLD HILL

Halesowen Road, Cradley Heath B64 6JA  
Opening Hours: Monday 10:00 am - 12:00pm

### COMMUNITY LINK

72 High Street, Cradley Heath, B64 5HA  
Opening Hours: Thursday 1:00pm - 3:00pm

### Emergency Food Parcel

Midland Langar Seva Society 24hr Emergency Parcel  
Delivery: 07903 400179

## FINANCIAL SUPPORT

### FINANCIAL ADVICE & HELP

If you are worried about debt to Sandwell Council, please call 0121 569 5333  
Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments, Money Advice amongst others.

[https://www.sandwell.gov.uk/info/200354/coronavirus\\_advice/4460/get\\_financial\\_help](https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help)

### RESILIENT RESIDENTS

Lots of advice and contacts for a wide range of needs (benefits checker, debt advice, budgeting and money management, employment advice and support, well-being, food, help in an emergency).

[https://www.sandwell.gov.uk/info/200347/resilient\\_residents](https://www.sandwell.gov.uk/info/200347/resilient_residents)

## MENTAL HEALTH & BEREAVEMENT

### RETHINK EMOTIONAL SUPPORT

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/>

Rethink Emotional Support Helpline is a freephone service for those who are in need of support, reassurance and understanding. The service can be contacted on 0808 802 2208 at the following times:  
Monday- Friday 6.00pm – 3.00am  
Saturday- Sunday 2.00pm – 3.00am  
We are now offering Text/webchat support during our opening hours:  
Text 07860 065 168  
Webchat [www.rethink.org/blackcountryhelpline](http://www.rethink.org/blackcountryhelpline)

### KALEIDOSCOPE PLUS GROUP

The Kaleidoscope Plus Group works to promote and support positive health and wellbeing.

<https://www.kaleidoscopeplus.org.uk/self-help-tool.php>

Chat to us via telephone, online through our website or directly through Facebook and a member of our team will be with you as soon as possible to talk.  
Call 0800 059 0123 Monday-Sunday between 5pm & 9pm  
Messenger: Monday-Friday: 9am-8pm & Saturday-Sunday: 5pm-8pm

### BLACK COUNTRY NHS MENTAL HEALTH SUPPORT 24/7

Phone line is operating 24/7 and is available to Black Country residents of all ages - 0800 008 6516  
If you are experiencing increased distress or anxiety during these uncertain times, please don't suffer in silence, pick up the phone and speak to one of our specialist mental health professionals who will be able to support you.

We continue to provide support through our Healthy Minds / Improving Access to Psychological Therapies (IAPT) services which offer services for people experiencing common mental health problems such as low mood, depression, anxiety and stress. You can also access free online CBT via our Silver Cloud platform.

<https://www.blackcountryhealthcare.nhs.uk/contact-us/help-crisis>

### BLACK COUNTRY WOMEN'S AID

0121 552 6448 (24/7 Helpline)  
07384 466181 (Text or WhatsApp 9am – 9pm)  
<https://blackcountrywomensaid.co.uk/>