



GREENSHAW
HIGH SCHOOL

Help for the Holidays (Summer 2023)

*A guide to sources of support
for Greenshaw High School
parents and students*

HAF Bookings

Find information on how to book a Holiday Activity and Food Programme (HAF) provision for your child.



**Sutton's Holiday
Activities and Food
(HAF) programme**

The HAF programme is funded by the Department for Education to provide free fun holiday-enriching and physical activities with nutritious meals for children and young people (aged Reception to Year 11) receiving benefits-related free school meals.

Available to families receiving benefits-related free school meals including provision for children with special educational needs.

Ominira Summer Camp - (Ages 8-16 years)

Activities: Sports, arts & crafts, trips, food technology

Dates: August 8th – September 1st (Tue-Fri)

Venue: Wallington High School for Girls, Woodcote Road, Wallington

Pure Futsal Academy - Summer Football Camp (Ages 5-15 years)

Activities: Outdoor football activities, multisports drill, quizzes and other fun games

Date/Time: July 31st – August 24th (Mon-Thu) 9.30am-1.30pm

Venue: Carshalton Boys Sports College, Muschamp Road

Happy Healthy Kidz - Fun, Fit, Fed

Activities: Multisports, talent shows, gymnastics, cricket, tennis, arts & crafts and more

Date/Time: See link below for dates (10am-2pm)

Venue: Carshalton High School for Girls, West Street

For further information about these activities and to book please visit:

<https://suttoninformationhub.org.uk/pages/haf-bookings>

FREE TEEN PROJECT



SURREY Teen Project



11 - 16 year olds

Summer Holidays
Tuesday - Thursday

10:00 - 15:00

Free Hot lunch included

Free for young people eligible for benefits-related free school meals



www.personalbesteducation.com
01794 510225



Teens will get the opportunity to take part in a variety of workshops, previous activities have included: Graffiti Art, Robot Creation, App Design, T-shirt Design & Creation, Woodwork, Coaching and Leadership, Baking, Decorating & many more.

To book spaces please follow this link:

<https://personalbesteducation.com/teens/teen-projects/>

School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child**, **read their behaviour** and **help them look after their emotional health**.



inourplace.co.uk

Understanding your child online course has been paid for by **London Borough of Sutton**, so you can access it **completely free** using the code **TREE**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

FREE HATE CRIME AWARENESS TRAINING FOR YOUNG PEOPLE

Stop Hate UK in partnership with London
Borough of Sutton



Hate Crime Awareness Training

Introduction to Hate Crime - 60 minute session - In Person

Description

Hate Crime continues to be widely misunderstood, despite it being one of the most prevalent forms of crime in the UK. Everyone can play a key role in preventing hateful behaviour of all kinds through a zero-tolerance approach to Hate and discrimination. This session aims to provide an introduction to what Hate Crime is, how to report it and how young people can play their part in stopping hateful behaviour by reporting appropriately and supporting their friends if they are targeted.

Learners will:

- Gain an understanding of what Hate Crime is, its impact and its consequences
- Increase confidence in recognising and responding to hateful behaviour
- Be able to recognise and report hateful behaviour when it manifests online
- Know how to report a Hate Crime and what to expect if you do
- Understand the responsibilities of social media use and freedom of expression

Objectives

- Explain how Hate Crime is defined
- Explore the impact of Hate Crime
- Examine how Hate operates in the online space
- To encourage a zero-tolerance towards Hate in school

**This is a limited offer
so we advise to book
early to secure a
date.**



Summer Holidays

As the summer holidays fast approach, I am sure our children are looking forward to enjoying some well-deserved time off from school. This extra time with friends is crucial for development, but can put young people at increased risk. There are a range of police and non-police resources available to support young people and help keep them safe. The below document identifies some of these resources, whilst also describing local crime trends.



Key Locations

1. **High Street** – This is a chronic location for crime due to its high footfall. There are regular patrols in this area to address these issues, but any concerning behaviour should be reported to police. Currently the greatest concern relates to girls from Croydon targeting young people in this area
2. **Wallington Area** – There are emerging robbery concerns in this area. There is enhanced intel development and specialist resources being placed in this area to identify potential suspects, but any concerning behaviour should be reported to police.

What should I be reporting? 

- Are there any people loitering in new locations, particularly around the Wallington area?
- Can you see increased litter in any location that suggests people are hanging around a location (e.g. gas canisters)
- Have you seen any drug dealing? If so, is it a new or on-going issue?
- Do any children report being approached and/or intimidated in any locations?

Signs of exploitation – What should I be looking for?

As the cost of living keeps rising, there is increasing pressure to work longer and longer hours just to afford basic necessities. This extra time away from our children, (combined with the lack of routine usually provided by school), means some children are at an increased risk of exploitation. Below is a list of potential signs to look out for which may suggest your child is at risk. Remember, if you are concerned about anything but don't want to go directly to the police, Crimestoppers is a great way to anonymously pass on information to us.

1. **Unexplained Money** – A child suddenly having unexplained money, clothes or expensive electronics may be a sign they are being exploited to deal drugs
2. **Multiple Phones** – Having more than one phone is often suspicious. Sometimes a second phone involved in drug dealing is referred to as a "burner"
3. **Older Friends** – If your child's behaviour is getting worse, they regularly go missing, and they have new, older friends, this may be a sign of grooming
4. **Lots of Train or Bus Tickets** – A child having lots of tickets to places outside of London may suggest they are involved in drug dealing in different counties (county lines)
5. **Unexplained Injuries** – Criminal groups will often use violence to scare and control children

Resources & Reporting

The MET appreciates that some policing issues do not require a 999 response, but are still very important. Potential exploitation by gangs is a key example of this. The following page describes some police and charity resources that are available should you have any concerns.

How should I report issues?



SCHOOLS OFFICERS

Each school has a dedicated officer that works closely with teachers and young people to address criminal and safeguarding concerns. Their responsibilities include patrolling key areas after school to prevent robberies, delivering crime prevention workshops, and building a rapport with young people and the community. If you have any questions or concerns please approach your schools officer when you see them, or email the mailbox below:

EMAIL: SNMailbox.schoolsteamsutton@met.police.uk

Featured in the photograph: Sergeant Sarah Tynan
Schools & Youth Partnership

Charity Resources

Whilst the MET are working tirelessly to build trust and confidence with the public, we appreciate people may not always want to report issues directly to us. The police may also not be the most appropriate agency for some issues, (e.g. if you just want to find some youth activities for your children to keep them busy and prevent gang exploitation). A list of charity resources has been provided for your consideration. These resources are completely independent from the police, but work to provide services which help keep our young people safe.



FEARLESS

This is a youth specific version of Crimestoppers, which is a charity that you can report issues to. This includes grooming, drug dealing and intimidation. The information is then passed to the police, and is 100% anonymous, so there is no record of who told us. [Give information about crime 100% anonymously |](#)



BEN KINSELLA TRUST

Online and in-person workshops are provided to parents, teachers, children and schools officers for knife crime and gangs. This includes producing packs on the warning signs and causes of exploitation. It is a charity that is run by ex-met officer so they have a good understanding of issues. [The Ben Kinsella Trust |](#)

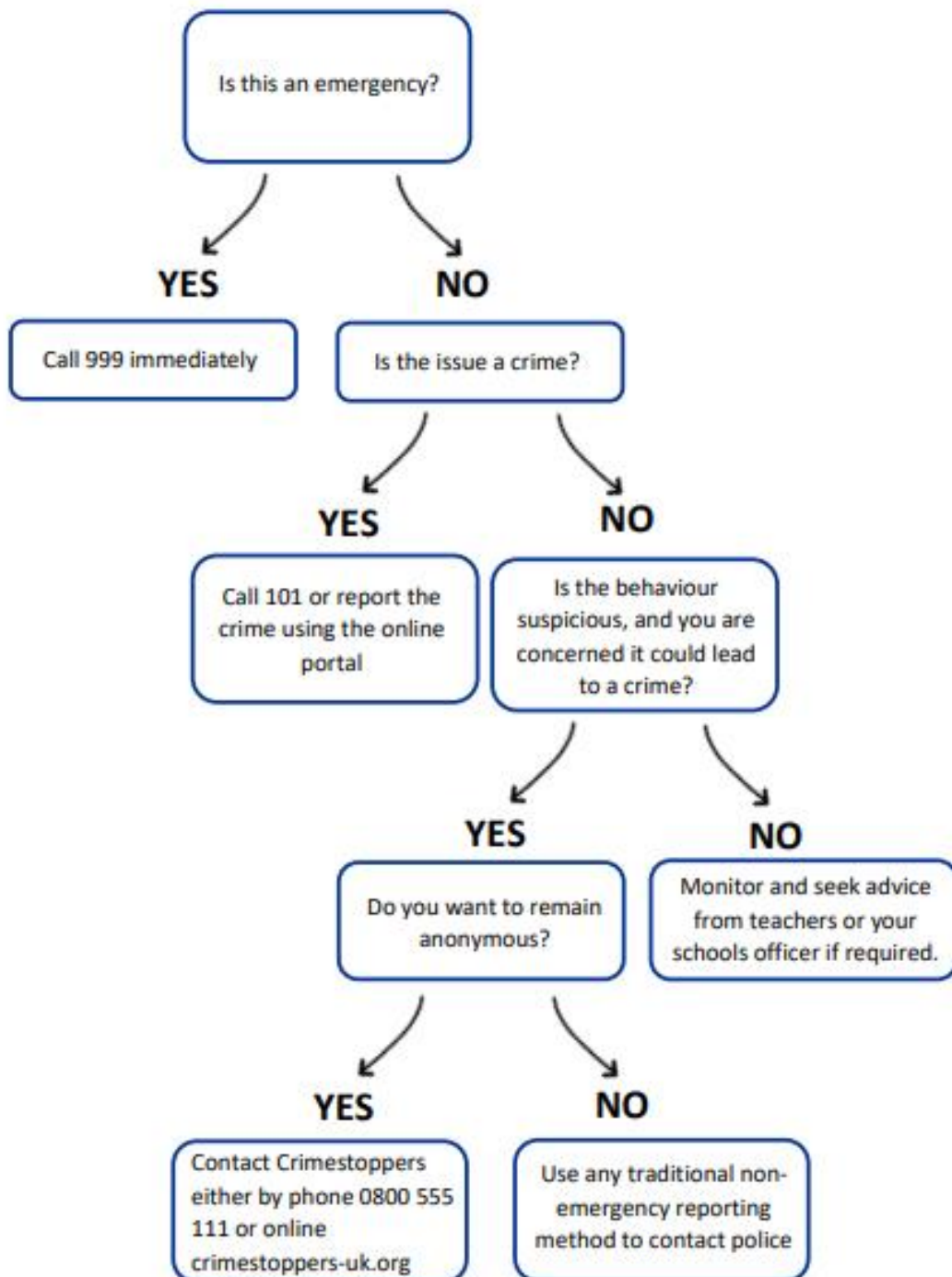


LONDON VILLAGE NETWORK

This is a non-profit organisation that offers activities for young people to keep them busy, with resources to also help with their mental health and careers. It is a phone app that is available to everyone, and it shows what activities are available in each borough. [Local Village Network - Mentoring and Opportunities- LVN](#)

Reporting

There are several ways you can report issues to the police, with each method having its own purpose. The following page will help guide you to the correct route, but if you're ever unsure, please seek advice from your local schools officer or police station, who would be happy to help.





Outline of Service Offer

Wellbeing in South West London: Emotional and practical support for children and young people aged 4-18 following any form of sexual harm

Croydon | Kingston | Merton | Richmond | Sutton | Wandsworth

Wellbeing Advocacy

A Wellbeing Advocate can provide a safe space for a child or young person to talk about how they are feeling following their disclosure. They will offer time and space to help guide them and their parent/carer/professional support network through the period following disclosure, and the different specialist support that is available. Support is available regardless of when the harm took place.

The Wellbeing Advocate can help the child or young person's voice be heard at school, at home, in meetings about their care, and during their medical aftercare. They can also offer direct work with teachers, social workers and parents/carers supporting the child or young person.

Areas explored in emotional support sessions:

- Coping skills and responses to sexual violence, feelings of shame and blame
- Tools for coping with trauma: managing flashbacks, sleep problems, panic attacks, self-harm
- Health: physical, psychological, sexual
- Feeling safe: in self, in school, in public, at home
- What it's like to report to the police, what to expect, choices and rights
- Extra help at school

Wellbeing Advocate support is short-term. We offer 5 direct working sessions which can be planned weekly or fortnightly over up to 8 weeks. Sessions will take place in a safe, confidential educational, healthcare or third sector setting, or virtually, based on the child or young person's preference. Sessions are 1-to-1 and confidential. Information will be shared to safeguard the child or young person where concerns arise around their safety: if we believe them to be at risk of harm, or where risk of harm to others has been shared with us.

The Wellbeing Advocate can make supportive onward referrals for therapeutic or medical assessment and support, or for support with the criminal justice system, as outlined below and overleaf.

To discuss a referral, email: kch-tr.WellbeingSWL@nhs.net

To refer, complete: <https://forms.office.com/r/sPv7u3jgCv>

Health Care

The CYP Havens service offers children and young people a holistic medical assessment of their health needs, sexual health screening and a top-to-toe examination in a friendly, welcoming environment. The assessment is supportive and trauma-informed; specially trained doctors and nurses place the child or young person's wishes at the centre and avoiding revisiting the details of the harm that took place. Social care involvement is required at referral for children under 13.

To discuss referral for a medical assessment please call the CYP Havens service on: 0203 299 1599

Young people can also be supported to access sexual health care at local sexual health services.



Free School Uniform Bank

There is support available for buying school uniform for your child.

Sutton Community Uniform Bank provides free school uniforms for 4 - 18 year old. They are unable to provide footwear.

You can [submit a request for a school uniform by using this Google form](#).

They are there to support families who are experiencing difficulties buying school uniforms.

You don't need to prove you are eligible to use this service. Anyone with a child or young person who needs a school uniform can contact the service.

The Uniform Bank is based at:

The Sutton Children's Centre
Tweeddale Road
Carshalton
SM5 1SW

[Read how to access and also how to donate](#)



MUSIC ON THE GRASS

SATURDAY
29TH JULY 2023

Get ready for a summer of fun at our upcoming event. We've got a full line-up of family-friendly activities and entertainment that will make this the highlight of your summer.



TESCO
Community Grants

St Elphege's School Grounds
Mollison Drive,
Wallington.SM6 9HY
For more details
call Tel 07957385071
E-Mail achasutton@yahoo.com
Buses 154,S4, and 455

MAGICIAN
DELICIOUS FOOD FOR
SALE
MARKETING STALLS
BOUNCY CASTLE

ENTRANCE £2.00
CHILDREN UNDER 12 FREE
12PM - 5PM

MUSIC
FACE PAINTING
RAFFLE TICKETS
CHILDREN'S ACTIVITIES
AND LOTS MORE



AFRICAN & CARIBBEAN HERITAGE ASSOCIATION



LBS NEIGHBOURHOOD FUNDING

Young Commissioner Summer Picnics



MANOR PARK

Throwley Way, Sutton, SM1 4BF

- 10th August
- 24th August

1:00-3:00PM



Volunteer Centre
Sutton

Bring some lunch and come along and meet Sutton's Young Commissioners, find out what they have been doing in the local area and how you can get involved.



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns