

5D Safeguarding Newsletter



May Half Term 2023

Welcome to the May half term edition of our safeguarding newsletter. We understand that within our 5 Dimensions Trust community, our families may be feeling the strain of the ever increasing cost of living. We wanted to share some information about what's on offer in schools, what organisations can offer support to families in need, as well as fun, free and low cost activities for you to enjoy in and around Milton Keynes this half term.

How to access help through community food charities?

Community Larder

- Everyone welcome
- Membership scheme
- £3.50 - £7.00 per week direct debit
- Access to surplus food
- Access to additional services

www.sofea.uk.com

Access the right service for you...

Community Fridge

- Everyone welcome
- Access to free surplus food
- Saves quality food from going to waste
- Feel good sharing food

www.mkcommunityfridge.org



MK Food Bank

- For people in crisis
- Emergency Food Parcels
- 6 vouchers per year, per household
- 11 Collection centres in MK

Helpline 0300 3034933



MK Food Bank Top up Shop

- For people in Financial Hardship
- £2.00 cash for 10 items
- Pay as you go
- Includes baby, toiletries and household products

www.mkfoodbank.org.uk

For further information follow the following links:

[SOFEA Community Larder](http://www.sofea.uk.com)

[MK Food Bank](http://www.mkfoodbank.org.uk) - helping families in crisis. Call the helpline on 0300 303 4933 or text HELP to 07874 964505. The helpline is open 9:00 – 15:00 Monday – Friday.

[MK Community Fridge](http://www.mkcommunityfridge.org) (please check the website before you visit to ensure the community fridge is open).



Pupil premium is additional funding which schools receive each year, based on the numbers of eligible students, from the Government to reduce the gap in academic attainment between disadvantaged children and their peers. It was introduced by the Department for Education in 2011 in recognition of research showing that children from low-income backgrounds perform less well at school than others.

Is your child eligible for Pupil Premium?

Parents and carers who receive certain benefits may be eligible for either pupil premium or free school meals.

Who is eligible for pupil premium?

- Students who are in year 11 or below
- Students who are currently looked after by a local authority.
- Students who have been previously looked after by a local authority (includes students who have been adopted or left care under Special Guardianship Order or a Child Arrangements Order)
- Low-income families
- Families who have a parent who is currently serving or has served in the armed forces.

Who is eligible for free school meals?

In England, if you have children at a state school in reception, year 1 or year 2 they are entitled to free school meals regardless of your household income.

You must be in receipt of one of the below benefits to be eligible for free school meals for your child/children from year 3.

- Income Support
- Income Related Employment and Support Allowance.
- Income Based Job Seekers Allowance (not Contribution Based JSA)
- Child Tax Credit only (with a combined family income of less than £16,190 per annum as assessed by HM Revenues & Customs) Please note, anyone receiving Working Tax Credit, regardless of income, will not qualify for free school meals.
- Working Tax Credit run-on - paid four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you receive)
- National Asylum Seekers Support (NASS)
- Guaranteed Element of Pension Tax Credit



Please apply for free school meals and pupil premium here, it is quick and simple to use.

[Online FSM Application \(cloudforedu.org.uk\)](https://cloudforedu.org.uk)

If you qualify, you will receive confirmation to inform you that you are eligible. This confirmation will be transferred to our database at school automatically, sometimes this may take some time, so please let us know as soon as you can by contacting:

enquires@sbeschool.org.uk

enquires@thehazeleyacademy.co.uk

office@priorityrise.milton-keynes.sch.uk

What do our schools offer for students who are eligible for pupil premium?

- Pupil premium students can access educational equipment such as study guides and calculators and can apply for help to fund school trips.
- 6th form students from low-income families can access a bursary fund — please contact your 6th form team for further information.



Access to free period products in school

We provide free period products to students who need them in school. It is important that no student should ever feel concerned that they do not have sanitary products when they are on their period. We have sanitary pads and tampons available for all students who need them.

- Students can pick up individual pads or tampons in all of our schools.
- We have 'Give Away' events in our secondary schools where parents or students can collect period products.
- At Shenley Brook End School students can access free starter packs of reusable sanitary pads. The pads are from a company called NORA who sell a range of reusable sanitary wear.

Pre-loved Uniform

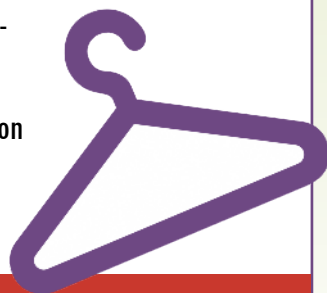
Pre-loved uniform is available in all of our schools. If you would like to pass on any uniform items you no longer use, please drop them off in reception.

This will be available to collect for all students transitioning to either Shenley Brook End or The Hazeley Academy in year 7 during open evenings.

Shenley Brook End - 12th and 13th June during the bio-metrics evenings from 330-530pm.

The Hazeley Academy - 3rd of July during the transition information evening.

Priory Rise School — available through reception.



Help with Transport

The all in one card junior concessionary travel scheme. To qualify for the scheme, you must be:

- Aged between 5 and 18 years
- A permanent resident of Milton Keynes or attending school/college/training establishment in Milton Keynes
- In full or part time education
- [All in 1 MK Card \(Junior Concessionary Travel Scheme\) | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/allin1)



MK connect is an affordable service for people who are not served by a bus service. You can book directly or use the smartphone app. Further information can be found here:

[MK Connect
milton-keynes.gov.uk](https://www.milton-keynes.gov.uk/mkconnect)



Cost of living help and advice

If you're worried about your finances and how you are going to make ends meet, there is help available. We know that up to 7 million people in the UK are missing out on income related benefits. So please visit the following websites as they will help you apply for benefits that you maybe missing out on!

[Cost of living support | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/cost-of-living-support)

[Get help with the cost of living - Citizens Advice](https://www.citizensadvice.org.uk/milton-keynes/)

[Cost of living tips: Your personal guide to coping with rising prices - BBC News](https://www.bbc.com/news/health-56888888)

Help with financial support in Milton Keynes - local welfare application process [Household support fund | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/household-support-fund)

Help if you are homeless or at risk of losing your home [MKHP - MKHP](https://www.mkhp.org.uk/)

Citizens advice [Citizens Advice Milton Keynes | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.citizensadvice.org.uk/milton-keynes/)

National Debt helpline [Debt advice | Free debt advice | National Debtline | National Debtline](https://www.nationaldebtline.org/)

Housing concerns

If you are homeless or are worried about being at risk of homelessness please follow the link for further help and advice [Housing solutions and homelessness advice | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/housing-solutions-and-homelessness-advice)



Activities and Places to Visit During Half Term

As well as the vast green spaces and nature reserves, **The Parks Trust** run a range of free and low-cost activities for children of all ages, some more suited to our primary school age children. Activities include pond dipping, bug hunting, nature discovery days, and more. You can find more detailed information on their [website](#).

Table Tennis England run a project called Ping! It's a FREE, street, ping pong project that sees table tennis, bats and balls placed around MK, offering everyone the chance to become more active and social. For details, please visit [Ping! - Table Tennis England](#)

Stanton Low: BMX Track. There is a play park as well as the cycle track, so something for all ages. It is situated a short walk from the free car park off the Newport Road next to Oakridge Park local centre.

Milton Keynes Play Association have a range of activities on offer. You can attend their sessions at Garthwaite pavilion, Westcroft pavilion, or Furzton lake. More information can be found on their website: [Milton Keynes Play Association](#)

Keeping Kids off the Streets are a non-profit organisation based in MK. They offer free workshops to all children to help them thrive and offer training opportunities. Please visit their website for more information: [Events - Keeping Kids Off The Streets](#)

MK Gallery is worth a visit; they are running a 'Branching out' Exhibition from 6 May — 4 June, and a Family Fun Day on 3 June, with the option to '[pay what you can](#)'. They also have a cinema.

The Natural History Museum in Tring is free to enter, but tickets need to be booked in advance. They have a fantastic schedule for half term, details can be found here: [What's on at Tring](#)

Broughton Gate Skate Park
There are plenty of ramps and obstacles to entertain and exercise.

Milton Keynes Museum — offer a 'pay once and visit free all year' ticket. You can visit their website here - [Milton Keynes Museum — Where History Comes to Life](#)



Activities cont-

Spend the day at **Bletchley Park**. MK residents receive 50% discounted entry tickets and under 12's go for free.

If you can travel further afield, [Stockwood Discovery Centre](#) in Luton offers beautiful gardens, interactive exhibitions, and its free! Details on how to book can be found on their website.

Lakes and Parks and Green spaces

Milton Keynes is home to over 6000 acres of green space including several beautiful Lakes and Parks for you to enjoy. Here are just a few for you to try:

Willen Lake
Ouse Valley Park
Furzton Lake
Caldecotte Lake
Teardrop Lake
Campbell Park
Stony Stratford Nature Reserve
Howe Park Wood
Abbey Field Wildlife Conservation area — Bradwell
Great Linford Manor Park
Linford Wood
Grand Union Canal Walks
Elfield Nature Park
Woughton Park
Lodge Lake
Fred Roche Gardens
The Tree Cathedral

School holiday activities

Lots of activities happening during half term week including bug hunting, pond dipping, discovering nature and more. For further information please visit: [School Holiday Activities | The Parks Trust, Milton Keynes](#)

Pond dipping Howe park £5 for up to 5 guests. To book [Buy Pond Dipping at Howe Park Wood Tickets online - The Parks Trust \(digitickets.co.uk\)](#)

Bug hunting £1.50 for a set of equipment. [Buy Bug Hunting at Howe Park Wood Tickets online - The Parks Trust \(digitickets.co.uk\)](#)

Useful Websites:

Young Minds

<https://youngminds.org.uk/find-help/conditions/anxiety>

Anxiety UK

<https://www.anxietyuk.org.uk/get-help/support-for-children-young-people/>

The Children's Society

<https://www.childrenssociety.org.uk/what-we-do/news-and-blogs>

HPFTCAMHS Grounding Techniques Worksheet
[grounding-techniques.pdf \(hpftcamhs.nhs.uk\)](#)

List of useful contacts:

Safeguarding

Milton Keynes MASH Team: 01908 253169 or 253170

Family and Domestic

Family Life (help and support for parents): 0808 800 2222

National Domestic Violence Helpline: 0808 2000 247

Mankind (supporting male victims of domestic abuse or violence): 01823 334244

National Victim Support (helping people cope with the effects of crime): 0808 1689 111

Other useful numbers

The police: 101

Citizens Advice Bureau (legal, money and other problems): 0800 223 1133

Shelter (housing and homelessness): 0808 8004444

Samaritans (confidential emotional support): 116123

Salvation Army (homelessness): 0845 790 9090

National Bullying Helpline: 0300 323 0169 0845225 5787

Crimestoppers (call anonymously with information about crime): 0800 555 111

For Children and Young People

Childline (confidential helpline for children and young people): 0800 11 11

Kooth: www.kooth.com (Online chat, resources and direct help for 10-25yr olds)

Financial

National Debtline (debt advice): 0808 8084 000

Payplan (debt advice): 0800 280 2816

You can also contact the mental health and wellbeing teams at your child's school using the following email address:

Shenley Brook End school:

wellbeing@sbeschool.org.uk

The Hazeley Academy:

worried@thehazeleyacademy.com

The 5 Dimensions Trust Safeguarding Team wish you a safe and restful half term.

