

22<sup>nd</sup> May 2025



**Bloxwich Academy**

[www.bloxwichacademy.co.uk](http://www.bloxwichacademy.co.uk)

Dear Parent/Carer

Our personal development curriculum at Bloxwich Academy meets all statutory guidance and prepares pupils for adult life. This includes Relationships and Sex Education, Health Education, Citizenship, Careers and PSHE. Our RSHE policy is available for parents and carers to read on our website:

<https://bloxwichacademy.co.uk/wp-content/uploads/2024/09/Bloxwich-RSHE.pdf>

We also have a dedicated personal development page where you can find out more information about our personal development curriculum. An important part of our curriculum is enhancing our provision with expert external speakers – we have included an overview for you and will write home to inform you when pupils are receiving assemblies or workshops about sensitive issues.

<https://bloxwichacademy.co.uk/personal-development/>

It is important to us at Bloxwich Academy that we take account the range of support that we can offer to our pupils. During term time, we are able to offer support through our various Pupil Services. We understand, that when pupils are not in school, there may be occasions where you, yourselves would like to access support or information. The link below is a document which provides hyperlinks, contact details and a summary of the support available from each of the external agencies. This document is also available on our personal development page under signposting support. Please use the link below to have direct access

<https://bloxwichacademy.co.uk/wp-content/uploads/2025/05/Signposting-Support.pdf>

As well as providing information about our personal development curriculum, we also regularly post good news stories to show the activities, workshops and charity events that pupils are involved with. We will be updating the website and social media regularly with these events. We are excited to be launching our House Charities in the coming weeks. As the term develops, we will be providing a range of events at Bloxwich Academy, such as Remembrance Day and Children in Need. We will be updating the school website, social media and writing to you to inform you of any charitable events or calendared events throughout the year.

If you have any questions regarding our Personal Development Curriculum, please contact Miss Williamson via [Postbox@bloxwichacademy.co.uk](mailto:Postbox@bloxwichacademy.co.uk)

Yours sincerely

Mr J Till



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# Bloxwich Academy Signposting Support

Please use the hyperlinks to direct you to external support available for Personal Development

External Support	Website/Contact information	Area of Support	Type of Support Available
	<a href="#">NSPCC   The UK children's charity   NSPCC</a> Telephone: 0808 800 5000	Children and Adult support for Family Life. Focus on keeping children and families safe	NSPCC is not only a reporting service to report any concern of child welfare. They also provide a range of guidance to support parents/carers and their children. The online support available includes early parenting advice, managing family life and circumstances, friends and relationships- talking about relationships and consent and staying safe online. How to report if you are worried about a child
	<a href="#">Childline   Childline</a> Telephone: 0800 1111 Email and online chat support available through the website	Support for mental health, online safety, exam stress, eating disorders, relationships, drugs and alcohol, smoking, puberty and the family home	Childline is designed to help anyone under 19 in the UK with any issue they're going through.  You can talk about anything. Whether it's something big or small, the trained counsellors are here to support you.  Childline is free, confidential and available any time, day or night.
	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a> Telephone: 116 123 Email and online chat support available through the website	Support and guidance for mental health services. Suicide prevention and support available through phone and online chat services.	Samaritans is available day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.  They give people ways to cope and the skills to be there for others. They offer listening and support to people and communities in times of need.
	<a href="https://www.kooth.com/">https://www.kooth.com/</a> Online chat, counselling and support available through the app and website	Support and guidance for mental health services. Support available through online counsellors and mental health services	Kooth practitioners are made up of counsellors and emotional wellbeing practitioners, all of whom have an enhanced DBS check. They are available to provide guidance and a safe environment for children to ask for support.

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	<p><a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></p> <p>Telephone: 020 7089 5050.</p> <p>Online support available for parents and children</p>	<p>Support for mental health, online safety, coping with life, understanding emotions.</p>	<p>Youngminds provide young people with the tools to look after their mental health. They also empower adults to be the best support they can be to the young people in their lives. As well as online support, fact sheets and guidance about support children and young people, there is advice available to parents/carers, to prompt conversations and how to support their children.</p>
	<p><a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a></p> <p>Urgent support via our 24-hour Crisis Messenger service by texting THEMIX to 85258</p> <p>Online chat and support available through the website and an online app</p>	<p>Support and guidance for mental health topics, relationships, work-based concerns, home environment, online concerns and social media topics.</p>	<p>The Mix is the UK's leading digital charity for under 25s, reaching over 6 million young people each year. The Mix is available to support via the website, text, or social media. The support is free, confidential and anonymous and can be accessed wherever young people are. Parents/carers can also access the website to gain information and support for children and young people.</p>
	<p><a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></p> <p>'TAUK' to us service</p> <p>24/7 Self-care info line: <b>03444 775 774</b></p>	<p>Support for anxiety and mental health. They also support with financial hardship, self-student life and support for parents/carers</p>	<p>Anxiety UK is a National Charity, created to support all individuals with their mental health and the impact of anxiety. The support available includes a counselling service, self-care hotline and resource area with information and guidance on all topics.</p>
	<p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p> <p>Telephone: Info line <b>0300 123 3393</b></p> <p>Telephone: Support line <b>0300 102 1234</b></p>	<p>Support available for a range of mental health needs. They are not a crisis support, but can direct to the right support.</p>	<p>MIND is a charitable organisation providing guidance and support to individuals of all ages. They provide online support and strategies to be able to discuss mental health. They can also signpost to additional support where required.</p>
	<p><a href="http://www.annafreud.org">www.annafreud.org</a></p> <p>Telephone: Tel: <b>(0)20 7794 2313</b></p> <p>Anna Freud Crisis Messenger Service</p> <p><b>Text AFC to 85258.</b></p>	<p>Support is available online. They do have a crisis messenger text support available on their website for immediate support if required</p>	<p>Anna Freud is a world-leading mental health charity for children and families. They provide online support and guidance for a range of issues including mental health, life changes and bereavement.</p>

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	<p><a href="https://www.nhs.uk/healthier-families">https://www.nhs.uk/healthier-families</a></p> <p>If you need help or advice about a medical problem, visit <a href="#">NHS 111 online</a> or <a href="#">call 111 free</a></p>	<p>The website offers a range of supportive information, recipes, tools and guidance on healthy eating, children's weight and physical activity to promote improved physical and mental health</p>	<p>Better Health: Healthier Families was previously known as Change4Life. Better Health brings together all of the NHS's tips, tools and apps in one place to help children and families make small, simple changes to kickstart and improve physical and mental health across a full range of activities.</p>
	<p><a href="https://www.schoolvaccination.uk/">https://www.schoolvaccination.uk/</a></p> <p>Telephone: 01462 416 644</p>	<p>The website provides a range of information on all school-aged vaccinations.</p>	<p>Vaccination UK has been commissioned by NHS England since 2015 to provide school aged immunisations, including Influenza, to pupils across numerous counties and boroughs in England. They also provide information about each of the vaccinations and catch-up clinic services if your child has missed a vaccination.</p>
	<p><a href="https://winstonswish.org/">https://winstonswish.org/</a></p> <p>Telephone: 08088 020 021</p> <p>Live chat and bereavement support available online</p>	<p>Support including bereavement support workers, online chat facility and text support for individuals and their families dealing with loss</p>	<p>Winston's Wish is a charity that helps children, teenagers and young adults (up to the age of 25) by providing strategies, resources and support to deal with the loss of a loved one. They also help advise the adults who are caring for young grieving people including parents, school staff and healthcare professionals.</p>
	<p><a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></p> <p>To report a concern:</p> <p><a href="https://www.ceop.police.uk/ceop-reporting/">https://www.ceop.police.uk/ceop-reporting/</a></p>	<p>CEOP Protection advisors are available online to support and investigate reports of safety concerns online</p>	<p>CEOP is a law enforcement agency and has been designed to help keep children and young people safe from sexual abuse and grooming online. They help thousands of children and young people by allowing reports to be made online. CEOP are unable to respond to reports about bullying, fake accounts or account hacking.</p>
	<p><a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a></p>	<p>The UK Safer Internet Centre provides online support in the form of knowledge and information to help individuals stay protected when online and what to do in the case of any concerns.</p>	<p>The UK Safer Internet Centre (UKSIC), established in 2011, is a leading global partnership, which include three charities three charities, <a href="#">Childnet</a>, <a href="#">Internet Watch Foundation</a> and <a href="#">SWGfL</a> helping to make the internet a great and safe place for everyone. They provide support and services to children and young people, adults facing online harms, and professionals working with children.</p>