



# St Peter's Church of England Aided School

Quarry Lane, Exeter, EX2 5AP

www.spexe.org

(01392) 204 764

school@spexe.org

21<sup>st</sup> October 2022

Dear Parents and carers

## Help with Cost of Living

St. Peter's Staff and Governors are very aware of the cost of living situation amongst some of our colleagues as well as families of our students. This letter shares some ways that we trust are helpful in supporting students in our St. Peter's community.

## Website links that may help you save money

- **Cost of living payment:** Guidance from the government on getting an extra payment to help with the cost of living if you're entitled to certain benefits or tax credits: [www.gov.uk/guidance/cost-of-living-payment](https://www.gov.uk/guidance/cost-of-living-payment)
- **Grants and benefits to support payment of energy bills:** Citizens Advice has compiled a useful summary of grants and benefits that are widely available to support individuals and families struggling to afford energy bills or prepayment meters: <https://bit.ly/3BIRoHe>
- **Universal Credit:** Information and updated guidance on accessing Universal Credit, a payment to help with living costs. Colleagues on low income or now unable to work may be able to access this: [www.gov.uk/universal-credit](https://www.gov.uk/universal-credit)
- **Trussell Trust:** The Trussell Trust offers advice and support around personal financial crises via their online webpage and a free national helpline. Its website also contains a search tool for finding, accessing, or supporting local food banks: [www.trusselltrust.org/get-help/find-a-foodbank/](https://www.trusselltrust.org/get-help/find-a-foodbank/)
- **Money Saving Expert:** Financial advisor and expert Martin Lewis has provided an updated guide to support all families and individuals navigate the cost of living crisis. The guide contains almost 100 ways to save money: [www.moneysavingexpert.com/family/cost-of-living-survival-kit/](https://moneysavingexpert.com/family/cost-of-living-survival-kit/)
- **Too Good to Go:** Supermarkets, food outlets etc. Food near its use by date is sold cheaply: <https://toogoodtogo.co.uk/en-gb/>
- **Full Time Meals:** Marcus Rashford and Tom Kerridge #endchildfoodpoverty - <https://endchildfoodpoverty.org/full-time-meals>
- **Olio – excess food to save waste** - <https://olioex.com/>

*'Life to the full for everyone.'*





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## Free School Meals

We all know circumstances change and they can change quickly. Please use the link below to see if you qualify for Free School Meals. If you need help completing this please ask us.

The way parents/carers submit an application for FSM has now changed. There is now an on-line Portal where parents/carers can apply for FSM and an instant decision will be given. If the decision is that the child is eligible for FSM, the parent/carer must print the eligibility page and bring/send to the school or email to the school email address. The child will then be added onto the FSM list and the canteen can be informed.

The Portal link:

[https://oneonline.devon.gov.uk/CCSCitizenPortal\\_LIVE/Account/Login?ReturnUrl=%2fCCSCitizenPortal\\_live](https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE/Account/Login?ReturnUrl=%2fCCSCitizenPortal_live)

## PTA

The PTA have various items of pre-owned uniform available at very reasonable prices. If you are interested please email [pta@spexe.org](mailto:pta@spexe.org) giving details of your son or daughter's sizes e.g. collar, chest and waist size. They will contact you regarding availability, and if applicable arrange collection. All proceeds from the sale of uniform are returned to the school and are invested in teaching and learning.

## School Hardship Fund

Whether you are experiencing a cash flow issue or need help with anything from equipment, uniform, PE kit, trips, learning enrichment week, residential etc, please contact your Head of Year, Tutor or Year Group Inclusion and Safeguarding Officer and we will try our best to help as many families as possible.

Head of Year and Inclusion and Safeguarding Officers:

Yr Group	Head of Year	Inclusion Support Officer
Year 7	Martin Thompson - <a href="mailto:mthompson@spexe.org">mthompson@spexe.org</a>	Emma Partridge - <a href="mailto:ev608@spexe.org">ev608@spexe.org</a>
Year 8	Adam Woolnough - <a href="mailto:awoolnough@spexe.org">awoolnough@spexe.org</a>	Kelly McDiarmid - <a href="mailto:km763@spexe.org">km763@spexe.org</a>
Year 9	Matthew Hickey - <a href="mailto:mhickey@spexe.org">mhickey@spexe.org</a>	Emma Gillard - <a href="mailto:egillard@spexe.org">egillard@spexe.org</a>
Year 10	Adam Green - <a href="mailto:mhickey@spexe.org">mhickey@spexe.org</a>	Sarah Brame - <a href="mailto:brame@spexe.org">brame@spexe.org</a>
Year 11	Gemma Hartnell - <a href="mailto:ghartnell@spexe.org">ghartnell@spexe.org</a>	Linzi Densham - <a href="mailto:howe@spexe.org">howe@spexe.org</a>

## Breakfast Club

Breakfast club takes place each morning for those students who may need an extra check in with a trusted adult. Students are there by invitation only from SEND or their Head of Year. Students are provided with a choice of cereals, toasted items, fruit juice and a warm welcome to start their day. It takes place in F023 and students are welcome from 7.50 until 8.25.

## Exeter Food Bank

St. Peter's is registered as an approved referral organisation to The Exeter Foodbank. We may be able to help you if you contact our Inclusion and Safeguarding Officers previously listed in this letter.

## Clothes Bank

We will share more details later about how you might like to help support a local clothes bank.



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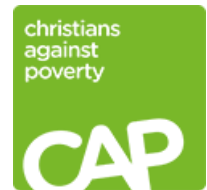
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## Christians Against Poverty

**One in Nine of us are living with unmanageable debt.** Award winning national charity 'Christians Against Poverty' has an Exeter centre and offers free debt counselling. They aim to offer a solution that will last and give real hope for the future, so give them a call if you are struggling. CAP is non-judgemental and visits clients in the privacy of their own home.



For further information or guidance Exeter CAP centre can be contacted on 0800 328 0006.

## Period Poverty

Amidst the worst cost of living crisis for 40 years, the new poll of 1,000 UK girls aged 14-21 reveals that over one in four (28%) are struggling to afford period products, and nearly 1 in 5 (19%) report being unable to afford period products at all since the start of 2022. (Plan International UK

- <https://plan-uk.org/media-centre/plan-international-uks-research-on-period-poverty-and-stigma>)

## St Peters making a difference

Period poverty is a challenge too many girls face when they should be concentrating on their schoolwork instead - 40% of girls in the UK have used toilet roll because they couldn't afford menstrual products and 68% said they felt less able to pay attention in class at school or college while menstruating. (Plan International UK)

Since 2020, the Government backed Period Poverty Taskforce has been working with all state-maintained schools to provide free period products until July 2024. We have carefully selected a comprehensive range of period products prioritising comfort, familiarity, and value for money. We want no student to feel embarrassment or shame in asking for period products. All female students will be able to:

- Access period products discreetly through student services, PE Department and named female staff
- All period products are given to students in a plain bag/envelope with no name or information on it.
- Information will be available in all girls' toilets on where free period products can be accessed in school
- Awareness raising sessions to be delivered
- learners have all the safety information they need for each product available in a format they can access and understand

At St Peters, we want all learners to:

- Reduce the stigma
- Enable all girls to access period products when they need to
- Make sure girls know where and how to access products and which products are available.

Mia Dawson  
PSHE Learning Leader

Please do let us know if you are aware of organisations or websites that may provide support to members of our community with the cost of living crisis.

I trust that you find this information useful.

Yours faithfully

Phil Randall  
Headteacher