

Culloden Academy



As a school, we are committed to trying to reduce the cost of the school day and to help our children and their families through tough economic times.

We know that some families may be struggling and want to do all we can to help. Within this leaflet you will find information about some of the help and support on offer. Please get in touch if you need further help or information.



Free school meals and clothing grants

We know that not everyone who is entitled to free school meals takes the council up on the offer. If you are eligible, we would encourage you to make sure you receive them. This enables pupils to have a full hot meal every day and comes with a grant of £150 towards clothing (£140 for primary school pupils). Some of the funding the school receives is also related to our free school meals numbers.

To receive free school meals and assistance with school clothing, your household must be in receipt of any one of the following:

- Income Support
- Universal Credit (where the monthly earned income does not exceed £660).
- Income-based Job Seekers Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not in receipt of Working Tax Credit, and your income is less than £17,005 (as assessed by the HMRC)
- Child Tax Credit and Working Tax Credit and an income below £7,920 (as assessed by the HMRC)
- Support under Part VI of the Immigration and Asylum Act 1999
- Pension Credit Guaranteed Credit.

You can apply through the Highland Council website at

https://www.highland.gov.uk/info/899/schools_-_grants_and_benefits/10/free_school_meals_and_assistance_with_clothing. If you need help filling out the form, please contact your children's guidance teacher in complete confidence.

Breakfast Club

Breakfast Club is run in room 11 from 8am to 8.30am every day. Toast and cereal are always available and there are occasional treats such as pancakes and eggy bread.

Free Clothing

We always have a small reserve of school uniform in the school which we can distribute to families who are having problems buying such items. Please contact your child's guidance teacher for more information.

Education Maintenance Allowance

Further financial support is available for pupils aged between 16 and 19 who come from a low-income household. This is called the Education Maintenance Allowance (EMA) – a weekly payment of £30 during term-time.

To be eligible, your family household income must be less than:

- £24,421- for households with one dependent child
- £26,884 - for households with two or more dependent children

and pupils must sign, and stick to, a learning agreement. Further details can be found on the Highland Council website at https://www.highland.gov.uk/info/899/schools_-_grants_and_benefits/14/education_maintenance_allowance.

Young Persons' Free Bus Travel Scheme for Under 22s

You may or may not be aware that young people (aged under 22 years) living in Scotland are eligible for free nationwide bus travel so pupils cannot only get around the local area but can travel further afield to Glasgow, Aberdeen, Edinburgh and other towns and cities.

To access the scheme, you must apply for a new National Entitlement Card (NEC) card.

Those aged between 5 and 15 must have a parent, guardian, or carer apply for a new NEC card on their behalf. Those aged between 16 and 21 should apply themselves.

You need to have a new NEC Card in order to access the travel scheme, as old Young Scot Cards will not be accepted, and you will be charged the normal fare.

You can apply for a new card here: <https://getyournec.scot/nec/>

Period Equity

The Scottish Government has pledged to end period poverty in the country and, as part of this initiative, we always ensure there are free period products for pupils to access easily during term time and over the school holiday period. These are available from the school office.

There are also a number of community collection points for both pupils and their families. Free period products are available in community premises, such as High Life Highland leisure centres, libraries and Council service points. They will also be provided through community larders and foodbanks through our partnership work with [Cfine](#).

You can access information on community collection points in Highland on the map in the [MyPeriodLive](#) website or via the PickUpMyPeriod app. To download the app visit your Apple or Android store.

Highland Food Banks

A food bank is a charitable system that provides emergency food supplies for people unable to buy food themselves because of financial distress.

There are a number of food banks across Highland. To receive help from one of these food banks, you need to be referred by one of the food bank's partner agencies. Examples of who can refer you include GPs, health visitors, social workers or your local Citizens Advice Bureau.

Once you receive a referral, you will be given a voucher to take along to your local food bank. You will be provided with a three-day food supply, along with recipes to help you make the most of this food.

Food banks rely on donations from the public, often through a collection organised at a local supermarket or church.

For further details, please visit [Blythswood Care \(external link\)](#) or [Trussel Trust](#).

MFR Cash for Kids

Cash for Kids is a grant-giving charity supporting disadvantaged children in our communities.

On their website they say: "We understand that there's a huge number of issues currently affecting large parts of society, so we've put together some links to a range of resources that could be useful!"

The link is as follows:

<https://planetradio.co.uk/mfr/charity/info/cash-for-kids-help-advice/>

Further Help with the Cost of Living

The Highland Council website has a lot more information about the help available through various organisations for families who are struggling. The website https://www.highland.gov.uk/info/20022/cost_of_living/1024/help_with_the_cost_of_living has links to further support from the Welfare Support Team for those who are worrying about money.

There are also links to subjects including:

- Cost of living support payments
- Help with energy bills
- Money advice: sources of help
- Consumer advice and scams
- Mental wellbeing
- Broadband and telephone social tariffs
- The Highland Worrying About Money? App.

The Citizens Advice Bureau also offer free, impartial and confidential advice to the general public. They deliver support and guidance on a range of topics including welfare, money and housing advice, giving people the information they need to deal with any situation and improve their lives.

- Find your local CAB: <https://www.cas.org.uk/bureaux> or
- telephone: **0800 028 1456**

Contact Information

At Culloden Academy we are very aware of the impact that the cost of living crisis is having on young people and their families and of the effect that this had on their education. We are also doing everything we can to reduce the costs of school excursions and there is always financial assistance available to help those who need it.

If there is anything at all we can do to help, do not hesitate to get in touch with our guidance teachers directly. Any such call is always treated in the strictest confidence and no details will be passed on to others without your permission. The school phone number is 01463 233586. Email addresses for guidance staff are below.

Somhairle MacDonald (Principal Teacher of Guidance for Rait)
andrea.stevenson@highland.gov.uk

Kevin McKnight (Principal Teacher of Guidance for Kilravock)
kevin.mcknight@highland.gov.uk

David Munro (Principal Teacher of Guidance for Brodie)
david.munro@highland.gov.uk

George Skinner (Principal Teacher of Guidance for Dalcross)
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Jenny Watt (Principal Teacher of Guidance for Cawdor)
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Richard Wilson (Principal Teacher of Guidance for Strathnairn)
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