

# Check with Ceri

**KS3/KS4**

**A resource to help schools cut costs for families**



# Check with Ceri

## - Information for Teachers

We've created a fictional character called Ceri to help schools think about the costs of the school day and how they could affect families living in poverty. Ceri is a young person in your school whose family struggles to pay for the things they need to fully enjoy school life. Children and young people can be supported to use Ceri as a focus to talk about any concerns they have about school costs, helping create a safe space for all.

There are two parts to this resource: part one is pupil-led and asks children and young people to identify additional costs of the school day, and costs over the school year. It also asks children and young people to identify support your school already provides to families and make suggestions for change.

The second part is a tool for the school to recognise the areas of concern for children and young people and address their ideas for change. It also allows you the opportunity to consider current policies and the help you offer and notice areas for improvement.

### Links to children's rights

**Article 3** - Adults should always do what is best for you

**Article 12** – The right to be listened to and taken seriously

**Article 15** – The right to join groups and make friends

**Article 26** – My family should get the money they need to help bring me up

**Article 28** - The right to an education

**Article 29** – The right to an education which develops my personality respect for others rights and the environment

## Ceri's Champion

As part of recommendations set out in our report, we asked every school to appoint a "Ceri's Champion"; a governor or member of staff who makes sure that our resources are used to make sure that the school day is as affordable as possible for families. This activity will help Ceri's Champion to look at ways you are already supporting families who are living in poverty and also help you to identify areas of the school day that could improve to better support children, young people and their families.

# Check with Ceri

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## Preparation for the pupil-led session

- Check the resources needed, as described on the pupil-led activity worksheet.
- Pupils will need copies of the pupil-led activity sheet to guide them through the session.
- You should have information about support available if a pupil comes to you after the session, or the details of the person in the school that help.

## At the start of the activity

- Explain to pupils that the Children's Commissioner wants schools to think about ways of cutting costs for families because school should be affordable for everyone.
  - Explain who pupils can talk to if there's something in the session that has worried them or they'd like more information about.
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# Calendar of costs

## Pupil-led activity

What do you think is expensive when it comes to school? This activity will help you think about the cost of school, and help your school cut costs for families.

### Things you will need:

- 'This is Ceri' handout.
- Your school's calendar of events.
- 'Cost of school' worksheet.

### How to do the activity:

- Split into small groups.

### Read the This is Ceri handout.

Ceri is a young person whose family lives in poverty. This means they don't always have the money for the things Ceri needs. With Ceri in mind think about the things you need for school, or the things you do in school that cost money, and special events or days that happen in the school year.

Using column one and two of the Cost of School worksheet write down all of the costs involved in an average day at school, and any events that take place during the year. Make sure to note the price if you know it.

You may wish to think about the following:

- Uniforms
- Equipment
- Lunch costs
- Extra costs associated with lessons (PE kits/ art materials/ cookery lessons/ prom)
- To make sure you've thought about all costs associated with school, go through your **school's calendar of events** and highlight any activities that cost money. Include them in your 'Cost of School' worksheet (remember to include the price if you know it).

# Calendar of costs

## - pupils

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- Fill in the third column on the '**Cost of School**' **worksheet** noting if there is any support your school already offers. If there isn't any help available then is there anything your school could do? Write those ideas in column 4.
- Once you have completed the activity, hand your worksheet to your teacher. Your teacher will then pass it on to the school's 'Ceri's Champion', a member of staff your school has chosen to make sure changes in your changes in your school help as many people as possible. Ceri's Champion will look at your suggestions and make a plan. They'll tell you about the changes they're going to make so you can see the impact you've had.

# Calendar of Costs

## - Ceri's Champion's activity

This activity should be done by Ceri's Champion, a member of staff or governor your school has chosen to lead on making sure changes in your school always consider those families that live in poverty. Ceri's Champion should be given support from governors/the senior leadership team within the school.

First check the activities and the costs pupils have mentioned in their "Cost of School" worksheet. Identify any activities/ events that Young People haven't mentioned. Focus on column 3 and make note of any support that your school offers that the pupils haven't identified. Consider if there is a better way to share this support to pupils and their families to ensure that they are aware of them. You may want to use our This is Ceri poster to create a central information point for pupils, which shows the support and schemes currently available in your school.

Next, look at the school calendar and identify any activities/events or even policies that may cost money that the children haven't mentioned. Again, think about any support that you currently offer to ensure these activities are available to all pupils. For any activities that don't already offer support think about how you could help families that may struggle to partake.

Finally, create an action plan, identifying areas for change and naming staff members who will lead on them.

Use our "You Said, We Did" template to feed this back to the pupils who did the Cost of School activity so they understand how their ideas have helped the school think about support you offer pupils like Ceri.

Share your plans with us by filling in the survey on the next page.

## Share with us

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Scan this QR code and complete a short survey about your Calendar of Costs and if it has helped you to support pupils in your school.

Your feedback will help us to evaluate and improve our resources.



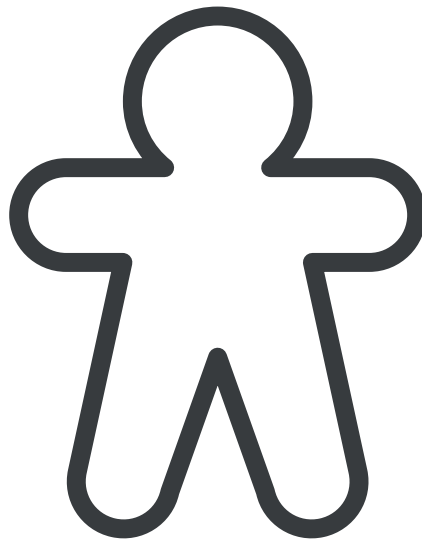
# This is Ceri

I feel very miserable because my family are different to everyone else.

Jealous, I feel jealous because I can't afford important things and others can.

I feel really sad because my friends have things they want and I don't even have some things I need.

I don't feel safe and I don't feel any hope for the future, like it would be difficult to get a home, further education, get a job.



I feel like I can't talk to my family about my problems because they are already stressed, I feel like I need to get a job instead of going out and spending time with friends so I can provide for my family. I wouldn't tell my friends because I'd be scared they would make fun of me for not having the same things as them. I'd be lonely!







# You Said, We Did

A sheet to hand back to pupils to show what you have done as a result of their suggestions

You Said	We Did