

Kingussie High School



As a school, we recognise the need to try to reduce the cost of the school day for all pupils and to help our children and their families through what may be tough economic times. We know that some families may be struggling and we want to help as best we can.

Within this leaflet you will find information about some of the help and support on offer from the school and from our partners. 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 £172 towards clothing (£160 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
- Income-based Job Seeker's Allowance
- Income-based Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit (where their monthly earned income is not more than £796) • Child Tax Credit, but not Working Tax Credit, where their income is less than £19,995
- Both Child Tax Credit and Working Tax Credit where their income is not more than £9,552
- Pension Credit Guaranteed Credit

You can also apply if:

- you are 16 to 18 years old and receive any of these benefits in your own right
- you have no access to public funds, normally due to immigration status
- you are a family awaiting your first monthly Universal Credit award notice.

You can apply through the Highland Council website [here](#). If you need help filling out the form, please contact your children's guidance teacher in complete confidence.

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.

Free Winter Jackets and shoes

Kingussie Parish Church has an arrangement with Mountain Warehouse to provide warm jackets and winter shoes for any pupil at Kingussie High school or our associated primary schools (Aviemore, Alvie, Kingussie, Newtonmore) . If you wish to find out more information and how to apply please contact Mrs Adamson or Mrs Fenton. (georgina.fenton@kingussiehigh.org.uk)

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 [here](#).

UCAS Applications

No application fee for students who receive free school meals. Eligible students must declare their receipt of free school meals in the 'More About You' section of the application. Please let the guidance team if this applies to you before you send your application.

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](#) or fill out a form from the school office.

Young Carer Grants

Young Carer Grant is an annual payment available for young people with caring responsibilities in Scotland aged 16, 17 or 18 years old.

You must have been caring for 1, 2 or 3 people who get a disability benefit from the Department for Work and Pensions for an average of 16 hours a week for at least the last 3 months. If you care for more than one person, you can combine the hours of the people you care for to average 16 hours a week. For more information see [here](#).

Please get in touch with the guidance team if your child is a young carer as an application to 'connecting carers' for any age should be made - further grants/funding will be available. For example - Young Carers Grant £300 from the Scottish Government.

Red Chair Highland

[Red Chair Highland](#) offers a digital inclusion service, providing refurbished laptops, tablets, and smartphones, as well as SIM cards with 6 months of data.

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 guidance 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.

You can access information on community collection points in Highland on the map in the [My period live](#) 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.

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!"

If you require an application to the MFR mission Christmas appeal please let us know, this would only be for children that could wake up on Christmas morning with no presents.

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](#) 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 offers 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: [Citizens Advice Scotland](#) or • telephone: **0800 028**

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Highland Children's Trust

Where there are financial issues related to paying for a school trip the Highlands Children's Trust have been excellent at supporting our youngsters in the past; apply [here](#).

The Independent Living Fund

The [Independent Living Fund](#) is a one-off grant of up to £4,000 designed to help young disabled people aged 16-25 transition into adulthood.

Duncraig Educational Trust Scheme

The Duncraig Educational Trust Scheme can provide financial assistance to young Highland people, training clubs and organisations who meet the essential criteria for the scheme. It is available for young people with exceptional merit, attainment and promise to achieve their potential.

There are three categories of award with different age groups being eligible to apply for each category:

- Sports grants are available for 14 to 25 year olds, who have been selected to participate in sporting events at national or international level and/or who require specialist sports coaching, training or equipment to compete at national or international level
- Grants for 16 to 25 year olds undertaking specialist courses of study, or to purchase specialist equipment for such courses, which have a focus on one or more of the council's five priorities:
 - A Fair and Caring Highland.
 - Resilient and Sustainable Communities.
 - Accessible and Sustainable Highland Homes.
 - A Sustainable Highland Environment and Global Centre for Renewable Energy.
 - A Resilient and Sustainable Council.
- Grant applications which encourage the use of Gaelic language and Highland culture are also welcomed.

Further details are available [here](#).

Contact Information

At Kingussie High School 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 has on their education. We are also doing everything we can to reduce the costs of school excursions and will always try to give financial assistance or advice 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 01540661475. Email addresses for guidance staff are below.

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