

Kirkby High School Wellbeing Newsletter

May 2023



We would like to let you know about the mental health support that is available at Kirkby High School and in the Knowsley community. To do this, we would like to welcome you to our very first monthly wellbeing newsletter. The newsletters will be full of useful and practical information, offering advice and support and signposting links that may be beneficial to you and your family.

Meet the Team



Mrs Rigby
Designated Safeguarding Lead



Miss Unsworth
Deputy Safeguarding Lead



Miss Oldfield
School Counsellor



Miss Green
Wellbeing Support worker



Miss Rigby
NHS Mental Health Support

Kirkby High School Mental Health Support Offer

At Kirkby High School we have 3 levels of mental health support through our safeguarding leads, the school counsellor, wellbeing worker, and the NHS Mental Health Support Team (MHST).

Beyond these services, the students also have access to the Head of Year and mentors who also provide emotional support.

Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

External and Community Support

Support available 24/7

Childline – call 08001111 or visit their website to chat online.

Samaritans – Call 116123 or email jo@samaritans.org

Mersey Care Urgent support – 0800 051 1508

No referrals necessary!

Self-Referral agencies.

Kooth online – www.kooth.com

Kooth f2f - facetoface.kooth.com

Listening Ear - <https://listening-ear.co.uk/refer>

A referral can be submitted to these services by Parents/Carers/Family, GP, or school.

More...

Chat Health (School Nurse) - Text-line 07312263254

Papyrus (Suicide prevention) – Text 07860039967

Mind SidebySide - <https://sidebyside.mind.org.uk/register>

Quote of the Month

We're all different. Accept and be proud of who you are rather than wishing you were more like someone else.

MentalHealth.org.uk

SAFEGUARDING

Safeguarding at Kirkby High School

"There is a strong culture of safeguarding at the school. Teachers know pupils and their families well." Ofsted 2022

Safeguarding is much more than child protection at Kirkby High School. We ensure that the school is a calm and welcoming place and that students are happy and safe. All adults are trained to respond to safeguarding concerns; We also deliver lessons for students to have the knowledge and skills to keep themselves safe, including keeping safe online.

Being Safe Online

New research has uncovered the top five platforms young people feel the most unsafe whilst using. The Pupil Safeguarding Review investigated the effectiveness of school safeguarding policy, with an aim of understanding whether pupils feel safe in a variety of settings.

Pupils most commonly feel unsafe whilst using:

- ⇒ Roblox (15%)
- ⇒ Snapchat (12%)
- ⇒ Instagram (7%)
- ⇒ TikTok (6%)
- ⇒ Fortnite (4%)



NEQE online safety experts have compiled a comprehensive guide to help parents and carers understand why children and young people might feel unsafe on these platforms and what you can do to help them have better online experiences. [Click to see advice top 5 platforms](#)

Do you need help or support?

It is completely normal to worry about the increasing living costs. If the cost of living crisis is having an impact on you and your family and you are struggling to afford essentials, please let us know,. We may be able to help.

Contact:

Mrs Rigby on 0151 477 8710 or
admin@kirkbyhighschool.net

Staying Safe Online



...useful tips for Parents and Carers

3 ways to make gaming safer for your child

- 1. Talk with your child about gaming.** Talk with your child to learn the games they like and the content and features of these. This will help you to understand more about how your child plays games and how appropriate different games are. You can use [NSPCC's online safety hub](#) to find out more information on safer gaming.
- 2. Learn together.** Use our resources to teach your child about safer gaming at all ages. For primary age children you can use our [Jessie & Friends](#) (ages 4-7) and [Play, Like, Share](#) (ages 8-10) resources. Secondary age children can access advice about gaming through our website.
- 3. Set boundaries and safety settings.** [Internet Matters](#) provides step-by-step [guides](#) for putting safety settings in place for each console or device. Spend time setting these up with your child and make sure they know how to block and report on the games they are playing. You should also talk with your child to create an agreement for gaming; think about how much time they can spend, which games they can access, if you will allow in-app purchases and what spaces they can play in. For primary aged children it is advisable to have them play in shared spaces or in the same room as you.

