

# Kirkby High School

## Well-being Newsletter

June 2023



Welcome to the well-being newsletter for June 2023. We hope you find the information useful and informative. Please let us know if there is any specific information that you would like to see in our newsletters and we will do our best to provide it in future newsletters.

### Parent Tips for Looking after your own Mental Health

- Tip #1: Keep active and get outdoors
- Tip #2: Go for a mindful walk
- Tip #3: Keep to a routine
- Tip #4: Stay in touch with friends
- Tip #5: Try some relaxation exercises
- Tip #6: Do something you love
- Tip #7: Add "me time" to your to-do list
- Tip #8: Turn off the news
- Tip #9: Being a parent isn't easy—cut yourself some slack
- Tip #10: Get a good night's sleep



### External and Community Support

### Worrying about money?

Many of us are worrying about money at the moment and most of us do at some point in our lives. If you feel that your financial situation is making you feel anxious or stressed all the time and is affecting you and your family, it's a good idea to get some help. This could be:

- Talking to school (we may be able to help)
- Talk to your GP or contact any of the agencies below

**Joyful June 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Decide to look for what's good every day this month	2. Say positive things in your conversations with others	3. Re-frame a worry and try to find a helpful way to think about it	4. Take a photo of something that brings you joy and share it	5. Think of 3 things you're grateful for and write them down	6. Get out into green space and feel the joy that nature brings	7. Do something healthy which makes you feel good
8. Find joy in music: sing, play, dance, listen or share	9. Ask a friend what made them happy recently	10. Bring joy to others by doing something kind for them	11. Eat good food that makes you happy and really savour it	12. Write a gratitude letter to thank someone	13. Take a light-hearted approach. Choose to see the funny side	14. Share a happy memory with someone who means a lot to you
15. Look for something to be thankful for where you least expect it	16. Speak to others in a warm and friendly way	17. Take time to notice things that you find beautiful	18. Look for something good in a difficult situation	19. Get outside and find the joy in being active	20. Rediscover and enjoy a fun childhood activity	21. Send a positive note to a friend who needs encouragement
22. Watch something funny and enjoy how it feels to laugh	23. Create a playlist of uplifting songs to listen to	24. Bring to mind a favourite memory you feel grateful for	25. Show your appreciation to people who are helping others	26. Make time to do something playful, just for the fun of it	27. Be kind to you. Do something that brings you joy	28. Notice how positive emotions are contagious between people
29. Share a friendly smile with people you see today	30. Make a list of the joys in your life (and keep adding to it)					

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

Check out the school website for useful help and advice for safeguarding, support and well-being

### Support available 24/7

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

Samaritans – Call 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

### Self-Referral agencies.

Kooth online – [www.kooth.com](http://www.kooth.com)  
Kooth f2f - [facetoface.kooth.com](http://facetoface.kooth.com)

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

### More...

Chat Health (School Nurse) - Text-line 07312263254

Papyrus (Suicide prevention) – Text 07860039967

### Quote of the Month

**"Behind every child who believes in himself is a parent who believed in them first"**

Matthew L Jacobson

# 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.



## Supporting Kirkby High School Families



With the support of MCKS Charitable Foundation UK, we are able to start **Kirkby High School's Pantry Cupboard**. This will enable us to provide our families with store cupboard essentials at no cost at all. We will be able to supply families with items such as cereals, cereal bars, biscuits, long life milk, part baked bread, tinned items, noodles, pasta, pasta sauce and toiletries.

Contact: Mrs Rigby on 0151 477 8710 or [admin@kirkbyhighschool.net](mailto:admin@kirkbyhighschool.net)



## VAPING WARNING

Recently, the BBC News reported that children's doctors are calling for a ban on vapes because they are damaging young lungs, hearts and brains. Throughout the investigation researchers found unsafe levels of lead, nickel and chromium. The scientists that analysed the vapes confiscated from secondary schools said "They were the worst lab test results of their kind they had ever seen."

Respiratory consultant, Dr Mike McKeen said, "Without a doubt, disposable e-cigarettes should be banned."

Further information is available on the school website



## Grooming: Recognising the Signs

### What is grooming?

Grooming is a process that "involves the offender building a relationship with a child, and sometimes with the wider family, gaining their trust and a position of power over the child, in preparation for abuse." (CEOP, 2022)

### Recognising that a child is being groomed

The NSPCC explains that it is rare for a child to tell an adult about being groomed. Children may not seek help because they:

- Are unaware they are being groomed
- Believe they are in a caring relationship and are worried about jeopardising it
- Are scared what the groomer will do if they speak out
- Don't want to get the groomer in trouble
- Are ashamed or worried about sharing what's happened to them

### Signs to look out for

Signs a child is being groomed include:

- Changes in behaviour, such as spending more or less time online
- Spending more time away or going missing from home or school
- Being secretive about how they are spending their time, including when using online devices
- Having unexplained gifts, big or small
- Misusing drugs and alcohol
- Developing sexual health problems
- Using sexualised language you wouldn't expect them to know
- Seeing upset or withdrawn
- Mental health problems

## Safeguarding Training for Parents

We are providing safeguarding training for parents on

**Thursday 6th of July, 4.30 – 5.30 pm**

The training will cover:

- Keeping children safe on social media
- Contextual safeguarding
- Mental health support

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