

Kirkby High School

Wellbeing Newsletter

July 2023



Welcome to the wellbeing newsletter for July 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.

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 is a good idea to get some help. This could be:

- Talking to school (we may be able to help)
- Talk to your GP

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

Jump Back Up July 2023

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|---|---|
| 1 Take a small step to help overcome a problem or worry | 2 Adopt a growth mindset. Change "I can't" into "I can't...yet" | 3 Be willing to ask for help when you need it | 4 Find something to look forward to today | 5 Get the basics right: eat well, exercise and go to bed on time | 6 Pause, breathe and feel your feet firmly on the ground | 7 Shift your mood by doing something you really enjoy |
| 8 Avoid saying "must" or "should" to yourself today | 9 Put a problem in perspective by seeing the bigger picture | 10 Reach out to someone you trust and share your feelings with them | 11 Look for something positive in a difficult situation | 12 Write your worries down and save them for a specific 'worry time' | 13 Challenge negative thoughts. Find an alternative interpretation | 14 Get outside and move to help clear your head |
| 15 Set yourself an achievable goal and take the first step | 16 Find fun ways to distract yourself from unhelpful thoughts | 17 Use one of your strengths to overcome a challenge today | 18 Let go of the small stuff and focus on the things that matter | 19 If you can't change it, change the way you think about it | 20 When things go wrong, pause and be kind to yourself | 21 Identify what helped you get through a tough time in your life |
| 22 Find 3 things you feel hopeful about and write them down | 23 Remember that all feelings and situations pass in time | 24 Choose to see something good about what has gone wrong | 25 Notice when you are feeling judgmental and be kind instead | 26 Catch yourself over-reacting and take a deep breath | 27 Write down 3 things you're grateful for (even if today was hard) | 28 Think about what you can learn from a recent problem |
| 29 Be a realistic optimist. Focus on what could go right | 30 Reach out to a friend, family member or colleague for support | 31 Remember we all struggle at times - it's part of being human | | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

5 Tips for surviving school Holidays

The best things in life are free — Make sure the list includes plenty of free activities such as picnics, bike rides, trips to the beach, the local library and the great outdoors.

Holiday connections help us the rest of the year —

School holidays provide unique opportunities to connect with, listen to and get to know your kids. Use the time to spend one-on-one time with each family member.

Support and company — Having a support system can be crucial to any parent. It also gives parents the opportunity to interact with other parents whilst giving the kids a bit of play time.

Consider your child's mental health and wellbeing —

Whilst it may be a family tradition to go on an annual family holiday or attend a family dinner, maybe your teenager is too depressed or your child with ADHD will be labelled by judgemental relatives. Consider if it is really worth maintaining the tradition when it may be at the cost of mental health and wellbeing.

Don't forget self-care — Look after yourself and take time out to relax, even if it is half an hour whilst you have a cuppa and read a book. Remember, happy and relaxed parents make for happy children.

Year 6/7 Transition

As the Year 6 students prepare to continue on their school journey to high school, they may feel worried or anxious about starting a new school. This is completely normal. This animation is to support students who will be preparing to transition to our school later in the year. The animations were developed in collaboration with young people, teachers and mental health experts. The animation aims to support pupils to:

- Identify potential worries associated with starting secondary school
- Know they're not alone if they are feeling worried
- Talk to a trusted adult or friend if they have any concerns
- Identify solutions and strategies for looking after their mental health, including self care

<https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/>

Quote of the Month

"You have to be unique and different and shine in your own way"

Lady Gaga

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



Kirkby High School are delighted with the number of families we have been able to support this term with our school pantry cupboard. With the support of MCKS Charitable Foundation UK, we are able to continue with the **Kirkby High School's Pantry Cupboard** next year. The aim is to provide our families with store cupboard essentials at no cost at all. We have supplied families with items such as cereals, cereal bars, biscuits, long life milk, part baked bread, tinned items, noodles, pasta, pasta sauce and toiletries. Get in touch. The pantry cupboard will run each Thursday from 4pm—5pm from September.

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



Appropriate use of social media

Research has shown that social media can be addictive. Some of the warning signs are:

- Spending the majority of your time thinking about or using social media
- Feeling anxious or restless when you aren't using social media
- Neglecting responsibilities, such as school work, in order to use social media
- Feeling anxiety when you cannot access social media

Also, cyberbullying is one of the most serious dangers of social media. This is due to peers and classmates using social media to continue bullying others outside of school hours.

Monitoring the use of your child on social media can keep them safe.

Safeguarding Training for Parents

We have a wealth of training programmes for parents on topics such as mental health and safeguarding. Often our children know more than us when it comes to social media. This online training provided by The National College offers "dip in" training and webinars to keep you up to date and offers strategies to support you to support your child.

If you are interested, contact:

Mrs Rigby on 0151 477 8710 or

admin@kirkbyhighschool.net

Water safety for teens

Once your child becomes a teenager, water safety becomes even more challenging. Even if adolescents have completed a swim program and are confident in the water, many enjoy hanging out with friends at the pool or beach away from your supervision

Why does the drowning risk rise for teens?

The risk of drowning for adolescents likely increases for a number of reasons, including:

- **Teens are more likely to overestimate their skills and underestimate dangerous situations**
Although they often lack experience, adolescents tend to feel invincible. The part of the brain that controls complex decision-making and impulse control is still developing at this age, making teens more likely to take risks. In addition, teens typically feel like they are being judged by their peers and may try to keep up with them or impress them even if they don't have the swim skills and experience
- **Drinking and drowning dangers.**
The risks of substance use become a bigger factor during adolescence

Remember:

Water is dangerous. Have a conversation with your child and let them know the dangers