

Kirkby High School

Wellbeing Newsletter

September 2023



Support for families as Kirkby High School

welcome students back to the classroom

As our students start the new school year this week, Kirkby High School would like to remind families that support is available for those who need it. Whilst many children will be looking forward to being back with their friends, starting or returning to school can be a challenging time. For parents and carers this can be a financially daunting time also.

We can help with the cost of living crisis and provide **financial support**, **food parcels** from our "Food Hub", access to **pre-loved uniform** and **advice on health and wellbeing**. **Contact Mrs Rigby for further information**

Self-Care September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love
	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are

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

Mental Health and Online Safeguarding Training Opportunities

We have exciting opportunities for parents and carers to access online training in topics covering mental health and online safeguarding. The training can be completed at home, on a laptop or phone and can be a quick 5 minute summary or a half hour session, depending on your chosen topic. The training will give you up to date information on understanding mental health and new technology. This will support you to support your child at home. **Contact Mrs Rigby for further information**

Quote of the Month

"School is a building which has four walls with tomorrow inside." — Lon Watters.

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 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



What Parents and Carer Need to Know about Sharing Photos Online

In 2021, the NCA cited that 42% of parents in the UK share pictures of their children online - half of them doing so at least once a month. Why would they not? Parenthood (and the magical memories we create with our children) is something to be celebrated and chronicled.

In reality, the topic has become increasingly complex (with respect for other people's children who might also be in the photos *and* our own child's future feelings among the considerations.) This guide assesses the potential pitfalls of publicly posting our pics.

Check out the poster in more detail

[Free Online Safety Guide | Sharing Photos Online](https://www.nationalcollege.com)
([nationalcollege.com](https://www.nationalcollege.com))

What Parents & Carers Need to Know about SHARING PHOTOS ONLINE

WHAT ARE THE RISKS?

- INVASIONS OF PRIVACY**
- REVEALING PERSONAL DETAILS**
- MISUSE OF IMAGES**
- ONLINE GROOMING**
- PRESSURE TO PLEASE**
- IMPACT ON DIGITAL FOOTPRINT**

Advice for Parents & Carers

- REVIEW SETTINGS REGULARLY**
- CHECK YOUR PHOTOS**
- CONSIDER OTHER CHILDREN**
- THINK AHEAD**

Meet Our Expert

NOS National Online Safety

[nationalcollege.com](https://www.nationalcollege.com)