

Kirkby High School

Wellbeing Newsletter

October 2023



time for bed

Having no comfortable place to rest means a child will have disturbed or little sleep with enormous implications for their wellbeing. It can lead to a child experiencing low moods, feeling irritable, emotional and sad. We all know that a bad night's sleep has a big impact on our mood, motivation and the activities of the following day. For children who must sleep on the floor or share a bed with a sibling or parent, this is a perpetual cycle of exhaustion. They start each day in the knowledge that it will end with another night of uncomfortable, disturbed sleep.

Support for Families

Kirkby High School is now able to make referrals on the behalf of families where children do not have their own beds. We can apply for beds and bedding. We can also 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**.

Kirkby High School would like to remind families that support is available for those who need it.

Contact Mrs Rigby for further information:

0151 477 8710/admin@kirkbyhighschool.net

Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

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**

All you need to do is download the app and contact Mrs Rigby to get your unique log in...Enjoy!!

Quote of the Month

"The best way to predict your future is to create it." — Abraham Lincoln.

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.



Mischief Night As we approach "mischief night," it's difficult not to remember the incidents that happened across Merseyside last year and the negative news coverage that it attracted. Cars were set on fire and an assisted living development under construction had its windows smashed. Fire engines and police cars were bricked and vehicles tipped over, leading to arrests.

The local authority and emergency services are working together this month to engage children in positive activities. Merseyside police have also written a letter to parents for their help over the coming Halloween and Bonfire Night season

https://kirkbyhighschool.net/wp-content/uploads/2023/10/Op-Banger-Schools-Letter-2023_.pdf



Digital Wellbeing

Digital wellbeing is about how the internet and other technology can make us feel. This includes recognising the impact being online can have on:

- ◇ Our Emotions
- ◇ Our mental health and wellbeing
- ◇ Our physical health and wellbeing

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

However, not all online experiences are positive for young people and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

Any negative online experience could impact a young person's digital wellbeing. Talking helps!!